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GOEUROT

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The regiment

of life, whereunto is

added a treatise of the
pestilence, with the Booke

of children, new-
ly corrected

and
enlarged by Tho-
mas Phaire.

William deane esq: M: 1580

hen: 1580



worodes

A man off worodes is not off beddes.
It's like a gardon full off wodes.



do Piney



43756

A man off

C The preface to the boke of children.



Though (as I doubt
not) every good man wil en-
terprete this woorke to none
other ende, but to be for the
comfort of them that are di-
seased, and will esteeme no
lesse of me by whom they profit, than they
will be glad to receive the benefites. Yet
forasmuche as it is impossible to auoide the
teethe of malicious enuy. I thought it not
vnnecessary to prevent the furies of some,
whiche are euer gnawing and biting vpon
them that further any godly sciences. To
those I protest, that in all my studiis I ne-
uer intended nor yet doo entend to satis-
fie þ mindes of any suche pikesantes (which
will doo nothinge but detract and judge o-
ther, struffing at all that offendeth the na-
ses of their momishe affections, howe soe-
uer laudable it be otherwais:) But my pur-
pose is here to doo them good that haue
moste nede, that is to saie, children: and to
shewe the remedies that god hath created
for the vse of man, to distributre in englishe
to th̄ þ are vñlearned, part of the treasure
that is in other lāguages, to prouoke them
A.ii. that

A preface

that are of better learninge; to vter their
knowlege in suche like attemptes: finally
to declare that to the vse of many, whiche
oughee noe to be secrete for lucre of a fewe;
and to communicate the fruite of my la-
bours, to them that wil gentilly and char-
kely receive them, whiche if any be so
proude or supercilious, that thei immedia-
tly wil despise, I shall friendly desire them,
with the wordes of Horace: Quod si meora
nouisti, L andivis impari, si no, his vtere mecum,
If they know better, lette vs haue parte: if
they doo not, why repine they at me: why
condemne they the thinge that thei can not
amende: or if they can, why dissimule they
their counning: how long wolde they haue
the people ignorant: why grutche they phis-
sickie to come forth in English: would they
haue no man to knowe but onely they: Or
what make they them selues: Marchantes
of our lues and deathes, that wee shuld bie
our healtch onely of theim, and at their pri-
ces, no good phisicion is of that minde. For
yf Galene the prince of this arte beinge a
Grecian wote in the Greke, kinge Aunce-
ne of Arabie in the speache of the Arabias:
T. Plinius Celsus, Serenus, and other of
the Laines wote to the people in the La-
tine tongue: Marsilius Ficinus (who al me
assent

To the Reader.

assent to be singularly learned) disdained
not to write in the language of Italy: gene-
rally if the entent of all y euer set forth any
nobie study, haue been to be read, of as ma-
ny as wold. What reason is it, y we shulde
hucher murther here amon ge a fewe, the
thing that was made to be common vnto
al: Christ saith: No manne lighteth a can-
dell to couer it with a bushell, but setteth it
to serue cuery mans nede: And these go a-
bout, not onely to couer it when it is ligh-
ted, but to quenche it afore it be kyndled
(yf they myght by malice) whiche as it is a
detestable thinge in any godly science: so
me thinketh in this so necessary an arte, it
is exceeding damnable and diuelishe, to de-
barre the fruition of so inestimable benefi-
ces, whiche our heauenly father hath prepa-
red for our cōfōrtē and innumerable bles,
wherewith he hathe armed our impotent
nature agaist the assautes of so many sick-
nesse: wherby his infinite mercy & aboun-
dant goodnes is in nothing els more appa-
rantly confessed, by the whiche benefites,
as it were with molte sensible argumētes,
spoken out of heauen, he cōstrainerth vs to
thynke vpon our own weaknes, & to know-
ledge, that in all fleshe is nothing but mis-
ery, sicknes, sorowes, sinne, affliction, and

A. iii. death,

A preface to

death, no not so muche strength as by oure
own power, to reliue one mebre of our bo-
dies diseased. As for þ knowledge of medi-
cines, cōfort of herbes, maintenance of
health, prosperitie & life, they be his benefi-
ties, & procede of him, to the end þ we shuld
in cōmō helpe one an other, & so liue tog-
ther in his lawes & cōmandementes: in the
which doing we shall declare our selues to
haue worthily emploied thē, & as fruitefull
seruantes, be liberally rewarded. Other-
wise, vndoubtedly þ calente whiche we haue
hidde shalbe digged vp, & distributed to thē
that shall be more diligent: a terrible con-
fusion afore so hie a iustice, and at suche a
courte, where no wager of lawe shall be
taken, no proctour limited to defende the
cause, none exception allowed to reproue
the witnes, no councel admitted to qualifie
þ gloses, þ very bare certe shall bee there
alleged. Cur non posuisti talentum in sensu:
Why hast thou not bestowed my talent to
the vauntage. These and suche other exa-
mples, haue enforced me beinge oftentimes
exercised in the study of phisike, to deriuue
out of the purest fountaines of the same fa-
cultie, suche holsome remedies, as are most
approved, to the consolation of them that
are afflicted, as farre as God hathe giue me
vnderstanding

of Life.

understanding to perceue: following therin
not only the famous and excellēt authours
of antiquitie, but also the men of highe lea-
rninge nowe of oure daies, as *Manardus*,
Fuchsius, *Kuelius*, *Musa Campegius*, *Se-*
bastiā, of *Austrik*, *Otho Brunfelsius*, *Leo-*
nelus. &c. w^{ch} diuers other for myne oportuni-
tie, not mising also y^e good & sure experimē-
ties y^e ar found profitable by y^e daily practise.
And where as in the regiment of life, which
I translated out of the frenche tongue, it
hath appeered to some, more curious chan
needeth, by reasone of the straunge ingre-
dience, whereof it often treateth: Ye shall
know that I haue in many places amplifi-
ed thesame, with suchē common thinges as
may be easily gotten, to satisfie the mindes,
of them that were offendēt: or els conside-
ring that there is no money so precious as
helth, I wold think no spice to dere, for mai-
tenance ther of. Notwithstanding I hope to
see the time, whan the nature of *Simples*
(whiche haue been hitherto incredibely cor-
rupted) shall be reade in *Englishe*, as in o-
ther languages: that is to saye, the perfect
declaration of the qualities of herbes, sedes,
rootes, trees, and of all commodities that
are here amonkest vs, shall bee earnestlie
and truely declared, in our owne native

A. llii. speche,

A preface to the reader.

speche, by the grace of god. To the wchche
I truste all lerned men haunge a zeale to
the common wealth will apply their dilia-
gent industries: surely for my part, I
shal never ceasse, during my breath,
to bestowe my labour to the fur-
theraunce of it (till it come to
passe) euен to the hter-
most of my simple
power. Thus
fare
ye well gentill
readers.



Here beginneth the Regement of life, and first of the nature of mans body.

The humours whyche be in nature, and how they are denyded.

He body of man is compakte of four humours, that is to saye, bloud, fleume, Choler, and Melancoly, whyche humours are called the sonnes of the Elementes because they be complexioned like the four Elementes. For lyke as the ayre is hote & moist: so is the bloud hote and moist. And as fyer is hote and dry: so is cholere hote & dry. And as water is colde and moist: so is fleume colde and moist. And as the earth is colde and dry: so melancholy is cold and dry. Whereby it appeareth, that there bee nine complexions. Wherof. viii. be simple, that is to saye hote, colde, moist, and drye, and. iii. complexions compounde: that is, hote and moist, whiche is the complexion of the ayre and of bloud. Hote and drye, whiche is the complexion of the fier, and of choler. Colde and moist, which is the complexion of the water

The Regiment.

water and of fleume: and cold and dry, that is the complexion of earth and of melancholy. The ninth complexion is temperate, neither to hote nor to colde, nor to moyste nor to dry, whiche is yet a thyng very seldom seene among men after the phisicions, the sayd foure humours governe and rule euerie one in his place, and enduce men to be of the complexions folowyng.

CThe complexions of the fleumatyke.

FLeame enclypeth a man to be. All fourmed. A sleaper. Dul of vnderstanding. Full of spattel. Full of coloure.

CThe complexions of the sanguine.

BLoud causeth one to bee. Full of blishe. Liberall. Amiable. Curteis. Very. Inuentive. Bolde. Lecherous. Of redde coloure.

CThe complexions of the Cholerike.

GHofer causeth a man to bee hastye. Enuyous. Couetous. Subtil. Cruell. A watcher. Prodigall. Leane, and of yelowe coloure.

CThe complexions of the

of Lyfe.

CThe complexions of the Melancholyke.

Melancoly maketh one. Solitarie.
Softe spirited. Fearefull. Heauy
Curious. Enuious. Couetous.
Blacke of colour.

These be the fourre humours wherof the
bodyes are compounded, and every one of
them hath a speciall dominion in respect of
al the other, according to the age, that is to
say, from a mans nativitie, tyl he come to
xxv yeares, the bloud hath moste power, &
from that tyme to the yere of hys age. xxxv.
reyngeþ the choler, for then commeth heat
into the vaynes, and the choler begynneth
to aryse and be strōg. Then commeth mid-
dle age, and bryngeth forth melancholy, an
humoure colde and dry, and hath his indu-
rance til fifti yeares, or therabout, at which
time all the humours begynne to dynynish
and the naturall heate by litell and lytle
doeth abate. And then succedeth old age un-
to death, in the which age phlegme hath the
principal power and dominion. Wherfore
it shalbe necessary for all that be of that age
to confortre their bodyes with some natural
heare and meates of good nourishinge, as
volkes

The Regement.

yolkes of egges porched, good and younge
fleshe, wheate bread, and good wyne, and al
suche thynges as ingender a good bloude &
spyrtes, wherof we entende (by the sufferāce
of god) to declare the more aboundatly here
after.

Chere foloweth the description of inward
and outwardē diseases, with the mooste hol-
some and expert remedies for the cure
therof, appropriate to every mem-
ber thron the out the
body.

The firste Chapiter, of the sickenesse and remedyes of the hedde.

Hedde ache chaunceth ofte[n] times of
diners and sondry causes, as of bloud
cholere, fleume, or melancholie, or of
venositie, and sometymes of heate of the
sunne, or of to great colde of thaire.

Ye may knowe hed ache when it cometh
of bloud, for in the face and eyes there ap-
peareth a darke rednes, pricking, and heat-
nes with heate.

Remedye.

Ye must let him bloud on the hedde vein,
in that side that the paine is on, then lay v-
pon the place oyle of roses, Vineger, & rose
water

of Lyse.

water, or a bagge with roses sprinkled wth role water. And here is to be noted, as wel in this cause as all other, that if his bellye bee harde and bound, first ye must geue him an eale Elister, or els halfe an ounce of Cassia newly drawne out of the cane, or some other eale lat atue to prouoke the ductye of the wome, els all applicacions of medecines, wyl be nothyng woorth at all.

One maye knowe head ache that procedeth of choler, when in the face there is a cleare rednes, inclining somewhat toward yellow, holownes of the eies, and the mouth drye and hote: and some tymes bitternes, small rest, great heate wth sharpe peyne, chieflye on the ryght syde of the head.

Kemedre.

Ye muste geue him morne and euen to drynk, sirupe of violettes, or pomegranades wth a meane drayght of endyue water in a glasse, or of cummyng water seerdē and coled againe. And in steade of these syrups ye may drynke water of endiue, succory, purslane, and Penuphar myngled together, or one of them by themselves, two or thre daies at eueninge and mornynge. Then geue a dramme of Villale sine quibus, at night to bedwarde, or aboute mydnyghte, and y day folowyng kepe you in your chaumber. In

ste de

The Regement.

Item of those pylles, it is good euerye mor-
nyng to take an houre afore sunne, a medi-
cine to drynke, that shalbe made of halfe an
ounce of **Succo rosarum**, mixte wþt two
ounces of waser of endiu. In stede of the
sayd **Succo rosarum**, ye may take halfe an
ounce of **Diaprunis laxatiue**, and ye muste
take hede in geuing suche purgacions, that
the pacyente be stronge, for if he be weake,
ye may geue hym but the halfe of the sayd
pylles or of the other laxatynes. And if in di-
minishing the quantitie of the sayd medici-
nes, it worketh not wþt the pacyente as it
should, it is conuenient to geue hym a com-
mon glister.

C An other remedy for the same peyne.

Ye must lay thereon a lynnē cloth moy-
ted in rose water, plantayne water, morell
water, and vineger, or els take the iuyce of
lettuce and roses, and a little vineger, and
warme it together, and dyppe therin a lyn-
nen cloth, and laye it to the payne.

C An other.

Ye must take the whytes of ii.egges w
rose water, and beate it well together, and
with towe or flare, lay it to þ grened place.
Also ye muste shane hys head, and mylke
theron womans mylke, that nourysheth a
wenche,

of Life.

wenche, or washe his head with warme wa-
ter, wherin haue bene sodde vine leanes, sa-
ge, bources of water lilies and roses. Also it
is necessarie to washe his fete and legges
with the saide water, so that the pacient ha-
ue no reume: for if there be reumatike mat-
ters, ye ought necher to shewe his hed, wash
his legges, nor to lay any colde thinge or
moist to his head. Ye may know that fleum
is cause of the pein in the head, when ye fele
coldnes with greate heuynesse: specially in h
hinder parte: when one spitteth often, and
hache his face like sunne bren.

Remedy.

Ye must drinke. iii. or. iii. morninges si-
rupe of Ricados with water of fenell, or
sirupe of wormewood, with a decoction of
sauge and maizan. Then ye muste purge
the head from the said fleume, with pillule
cochie, and with pilles of agarici, or pillule
auree made with one of the said sirupes, si-
ue in a dramme, and take. iii. or. v. at myght
to bedwardes, or about midnight. Or in ste-
de of thos pilles ye may take a potion in the
morninge. v. houres afore meate, made of
halfe an ounce of diacartamy dissolved in.
ii. or. iii. ounces of betomie. After that ye
oughte to conforte the head, by wearinge
of a coif, made of double linnen clothe, and
solwed

of Lise.

Sownd like a costen quilt, wherin ye muste
put floures of camomill, maizoram, cloues,
nutmags, maces, graynes of Paradise and
sinamomie in powder, for suche thinges di-
geste the fleume, so that a purgation be ge-
uen of the said pilles, or of pilles assigarch,
or pilles of hieraputra, which ar not so laxa-
tive, as the other are.

After the saide purgation, ye must put in
the nose of the pacient, powder of pellitory
of Spain or other, to make him to nose. Also
it is good to gargarise his mouth, with wa-
ter wherin sage hath ben sodden, and then
to anoint his head with oyle of lilies, ca-
momill, or of rewe.

Beside this, it is good to geue the pacient
every morninge to drinke, sagewine with
water, to consume the fleume, and to com-
fort the braine and the sinewes. The saide
wine is thus made.

Put a litle bagge full of good sage bru-
sed, in a quart of newe wine, and let it stade
so a night, then bring it out, and use it. Si-
chre wine of sage the inhabitors of Parise
and France, vs to drinke after harueste all
the winter longe.

When pene of the head procedeth of me-
lancolie, the pacient feeleth hemmes of the
head, and bath terrible dreames, with great
care

of Lyfe.

care and thought or feare, and hys peyne
is specially vpon the left syde.

Remedy.

Take sirupe of borage, hartes tonge,
or sumitorye, wyth water of buglosse, &
hartes tongue, or wyth the decoction of
sage or tyme, soz by these sirupes ye shall
digest and correct the sayd melancholike
humoures, and wrythyn a whyle the peyne
will be released. And if it ceasse not soz
these medicines, after ye haue vsed. ii. or
thre. daies one of the sayd sirups, or ii. or
iii. of them to gether, take a dramme of
pilles, half a uree and halfe fine quibus: or
els halfe of hiera and halfe of pilles of su-
mitorye: or in stede of pylles, ye may take
in the morwyng fine houres afore meate.
iii. drammes and an halfe of diasene, tem-
pered in water of borage or hoppes, or in
the decoction of sage, likoryce, great reg-
syns, and cordial floures and frutes. Head
ach cometh of wynde or ventolicie, when
the pacient thinketh y he heare y sounds
or noyse in hys head, & the peyne is flyt-
ting from one place to an other, without
heynes or dyscrendyng humoures.

Remedy.

W. i. Lays

The Regiment.

Laye vnto hys head hotte linnen clo-
thes, and make a bagge of gromell sedes
and baye salte byred together in a pan: so
procede wþþt stronger thyngeſ, if nede
require, as in bagges made of maioram,
rose marye, reſe, barberies, and iuniper
beries layed to the payned place: or wþþ
the decoction of the forſlayde thyngeſ,
make ſomentacion or embrocation vpon
hys head.

An other remedye.

¶ We must take oyle of Camomyll, oyle
of Dyll or lylyes, and annoynce the head
wþþt one of them, or wþch ii. or iii. or al to
gether. If that helpe not, take oyle of Rue
Spypke, and of Castor, and annoynce it
þvere wþþt: and adde thereto a lyttle pep-
per, and muſtarde ſedc, yf ye would haue
it ſore chafed or hette. Also it is good to
drawe vp by the nose, water of honye, the
ſuyce of maioram, and of Fenelle, or ma-
rized with a Nutmigge & Lignum aloes.

Kalis a greate practicioner among
þhysicians ſayeth: that whosoeuer often-
tymeſ putteth into hys nose the iuyce of
maioram, ſhall never bee diseased in the
head. I thynke he meaneþ of the great
Maioram.

1.11 of Lyfes.

Malorum, and ffolys of the head, whiche
If peyne of the head come of heate of
the sunne; ye must applye to the places
diseased, as it is sayd in the remedyes of
cholere.

But ys the sayd payne procede of colde-
nesse of the ayre, then vse it as it is sayd
afore in the remedyes of stume.

Here foloweth a regiment a. b. c.
gaynste all dysseases of the head, as
the heade.

SHe pacyent that is diseased in the
head, whether it be of bloud, or of
choler, may not drynke wyne, nor
cate muche fleshe whiche meates,
nor thinges that geue any great nourishi-
ment. But muste bee contented to drynke
pisan, barleye water, to iuleppe of roses,
and to eate rosted apples, damaske prunes
almond milke, hulled barley, and porrage
made wyth letrice, fozell, purselane, in
broth of peason, or wyth a chiken or boale
if the pacient be feble.

When payne procedeth of a colde hir-
moure, the paciente oughte to drynke no
wyne in thre of the fyfte dapes, but to
drynke onely pennye ale, or suche smalle

B.ii. drynke

The Regiment.

drynke, for althoughe the wyne bee very comfortable, as concernyng naturall heate, yet it is contrary and hurtefull vnto the spirtes anymall of the brayne and also of the synewes.

And the pacience oughte what payne soever it bee of the heade, to forbeare all vaporous meates, as garlyke, onyons, leekes, pease, beanes, nuttes, mylke meates, spyces, mustarde, great coleworses, salte meates, and meates of yll digestion. Also he muste abysteyn from slepe of the daye, and after supper by the space of two houres.

Tranayle of the mynde is verye contrarye, beecause of the commotion that happeneth vnto the lyuely spirtes, whiche are instrumentes of vnderstanding, as Anicen that noble Physician sayeth in the chapiter de soda temporali. nihil est adeo conueniens sode temporali, sicut tranquilitas et dimissio totius quod commouet sicut sunt sortes cogitationes. &c. There is nothyng that is so conuenient for the meigryme, as tranquyltye and reste, and let all thynges passe that moue the vertue anymall, as great musynges and al labour

of

of Lyfe.

of the spyrtes. And chyfely one ought after dynner to kepe hym from all thynges that trouble the memorie as studeynge, readyng, wryting, and other lyke.

And for the better vnderstanding of the syckenes chauncyng in the heade, ye shall knowe, that some tyme it chanceth bee cause of other dysseased members as of the stomake, or of the mother of the rowmes, of the liver, or of the spleene, and not of any cause in the head it selfe. Therfore ye ought to cure such syckenes by helping of the same members, as it shalbe shewed in the chapiters folowyng.

And ye may knowe, that the head ache commeth of dysseases of the stomake when the pacient hath greate peyne at the stomake. Of the mother, when the woman feleth great payne in her belly.

Of the reynes, when there is a greate peyne in the backe. Of the spleene, when he feleth peyne and hevynesse there aboute vnder the leste syde. Of the lyuer, when the peyne is on the ryghte syde, aboute the liuer, whyche is beneth the rybbes.

Remedies appropriate to the head,
of what cause soever the pain be.

W.iii. Take

The Regimene.

Take an handful of Betony, an handfull of Camomyle, and an handfull of veruayne leaues pyked; stape them and seeth them in blacke wort, or in ale for lacke of it, and in the latter ende of the sething, put to it a lyttle comyn brayed, the pouder of a hartes horne, and the yolkes of two egges, and saffron a little, stirre them wel about, and lay a platter herte ouer all hys foreheade and temples. This is an ercellēt remedy also for the meigrimie. It shall perce the better if ye adde a lyttle vineger.

An othes. Make a plastrer of beane floure, lincseedes, and oyle of Camomyle, or in lacke of it, gooses greese, or duckes greese, and rubbe the place with Aqua vite, and after lay the plastrer hore vpon it. **A**n other remeedy. Take a sponnesfull of mustarde sede, and an other of baye berries, make them in pouder, and stampe them with a handfull of earth wormes, splite and scraped from their earth, and a little oyle of Roses, or of Camomyle, or Capones greese, and laye it on the greese and pouder.

Al

of Lyse.

Also it is good to take the juice of Iuse
leaves myre with oile, and vineger, and to
rubbe therewith your temples, and your
noothrilles.

Also the chelwormes that are founde
betwene the barkes of trees, whiche wyll
tourne themselues together like a beade
when they be touched, if they be taken and
sodde in oyle, it maketh a singuler oynt
ment for the megrime.

The seconde Chapiter, howe to
cure dyseases chauncing
in the face.

Kylle as touching a disease cal
led Gurta, rosacea, or copper
face in Englishe, it is an excel
lente rednesse aboue the nose, or
other places of the face commyng of
baente humours or of saltie fleume, which
cannot be holpen, if it bee roosted and olde
Kenedye for the same, if it
be curable.

The Regiment.



E must geue hym a purgacio, as is sayed in the peyne of the head, commyng of the cholers then dyppe lynnен clothes in Alume wacer, whiche shalbee made thus. Take a pounde of Alume glasse, the iuice of Purcelane, of Plantaine, and veriuice of grape, or crabbes, of ech a pynt: and a halfe, wyth the whytes of twentynye egges, and beare them well together with y sayed iuice, then mixt all together, distill it in a common stillatorpe, and keeps the water for the use agaynste all pimpls, scurves, wheales, chafynges, and heates y chaunce in the skynne. The clothes dypte as is aforesayed, must be layed to the rednes, and oftentymes renued with other fresh clothes dypped in the same.

Another remedye.

V. Take lytarge of syluer, and Brymstone, of ech lyke muche, and seethe them in rose water and byneger, and then wyth a lymer cloute wette in the sayed byneger, lay it to the soze.

Remedye

of Use.

Remedy to pallyfie the coppred
face that is vncurable.

Aake a bath with the floures of camomil, violets, Roses, and flower of water lillies, the anoint y place with vnguentum album, Canphorarum, and mixt that ointmente with a little Pelewp Brimstone, & quicksiluer killed with fasting spirle, and anoint the place withal.

A water for the same.

A water called lac virginis is very good and Rose water mixt with Sulphur, oile of Tarare, and oile of wheate. Also these thinges are good for Letters, & other rugednesse of the skinne. The said lac virginis clarifieth the face, and dryeth vp moist pimples, and taketh awaie frekles of y vifage, & is thus made. Take, iii. ounces of Litarge of siluer fine poudred half a pint of good whit vine gre, mixt them together and distille the by filtre, or thorough a little bag, or by a pece of cloth. Then take of y same water, and mingle it with water of salte, made with one ounce of salt poudred and haife a pound of rayn water, or well water, and mingle these waters together, & it wil be white like milke, and with this
rubble

The Regiment.

rubbe the corrupt place. Some adde a lieler
ceruse with the litarge, which is good for
all rednes of the face.

Here followeth a generall dyte
for all copperous faces.

Abstain from al salt thinges, spiced,
fryed meates, and rosted meates. Al
so from drinkinge of wine, for it is
very euill. Also onions, mustard, and gar-
licke, are veri noughe. In steede of which,
ye must take purian, sorell, lettuce, hop-
pes and borage, with succory or endive, in
porage, or otherwise. Also it is necessary
to be latarine, and in sleping, to lay yowre
head hie.

For rednes of the face that is
not copperosed.

Gake a pinte of goates milke, the
crumies of one white lufe hore, the
white of sire eggis,坦isse two
braine's, and the juice of sire turrons: mix
all these together with the said milke, then
take all the thre kindes of plantain, and pur-
them in the salt vnder the said drugges,
and after it an other bead of the same. in
sortes of plantain, and distill the with an
easy fire as ye woulde distill rose water,

Of lise.

and kepe it in a glasse vespell. And after, þe
daies take a white linnen cloth, and dip in
the said water, and lay it to the rednes.

Another for the same.

Water of lile's distilled, with the bloud
of an ore, and a little camphere is verye
good.

For chopp'd or scabby lippes.

Anoint them with bnguentum album
camphoratum, and if there be any corrupte
bloud or matter, ye muste washe the place
with water of plantain, wherin hath been
sodde a litle alum, afore ye put on the said
ointment.

For the same.

Bnguentum de tutia and oile of yolkes
of egges, be veri good for it. Also it is good
to washe the place with plantain water,
and barley water together.

For cankers, blotes, and

Noli me tangere.

For as muche as Noli me tangere
chanceþ often in the nose, or about
the face, beginninge of a litle hard
and rounde kernell or knobbe, and full of
paine, declyning towarde a pale and lea-
dy couloure, ye may iudge that disease be-
ry per-

The Regiment.

ry perillous, notwithstandinge it is good to annoynte it as hereafter foloweth, and also to applye thereto other remedies, as thus.

Take vnguentum album two or threes
ounces, the iuyce of plancaine and nighte
shade, of eche halse an ounce. Tuncie the
weighte of halse a crowne, mingle them to
gether, and make an oyntmente whiche
is good for the same disease.

For wormes in the face.

Although that wormes in þ face may
not be had out, but with great diffi-
culty: and by long proces, because of
the cold humour, wher of thei come, never-
theles, so almuch as oftentimes thei hap-
pen vnto poore folkes, here shalbe recited a
receipt proued for the same disease, whiche
is an ointmente of a singuler operacion:
and is thus made.

Take the leaves and rotes of lekes, iuyce
them altogether, and take thereof a pinter
and a halse, and put it in a glasse: with an
ounce of pouder of pellitory, and a scruple
of verde grece, and stirre them altogether,
and every daie bath the saide wormes and
wheales, with cotten moistened in the saide
iuyce,

Of Lise.

lyce, and stirre it often in the glasse: this
is good also for wormes in any other me-
bers, and breding in the sicknes called in
France, the kinges eull.

A purgacyon whiche ye oughte
to take before the sayd
bathynge.

Lake half a dramme of good turbit
and a scruple of giger, half an ounce
of suger, & a litle white wine, mixte
alcogether, and drinke it in the mornynge
twise a wieke warne, and renue it every
thre wekes.

For an ulcered face through
wormes.

Ye must first mundifye the dead fleshe
with vnguentum Egypiacum, or the pou-
der called precipitatus, and for the perfect
curacion, ye must drye it wel, wherefore it
is good to wash the place often with alum
water, and put therin linte, and if there be
great moistenes at the tymie of desiccation
ye must dippe the same linte in vnguen-
tum apostolorum or ceraseos, with a litle
of the ointmente that folowethe, whiche
ye may safely apply from the beginning
to the ende of the cure; for it hathe ver-
tue to

The Regiment.

me to clese and incarnate; with gentle
mundification and dryng.

A synguler oyntmene for
wormes that matter

Take oyle of Lillies, oyle of linsede a
vna, ounces. vi. oyle of Rose, oyle of
Mirtilles, ana, ounces. ii. Litarge of
golde and siluer; and redde lead, ana, one
ounce diaquilon white with gummis. iii.
ounces, Goates tallowe, Hogges grece,
peche. ii. ounces and an half, blacke pitch
and colophonie of peche two ounces, of the
iuyce of houndstong. iii. ounces. Seeth
altogether til thei be blacke, and the iuyce
be clene consumed, then straine it through
a thicke canuase, and after seeth it agayne
till it bee exceeding blacke in colour, and
then adde to it cleare turpentine. iii. ounces
gumme opponax. ii. ounces and an halfe,
white ware as muche as shall suffyse to
make a plaister not ouer hard, and put the
turpentine and opponax in, when ye
take it from the fire. This is an excellente
plaister also both for wondres and vlders.

For the same.
It is verye good to laye vpon them the
herbe called houndstong stamped with a
litle

Of lyfē

licle hony.

Regemente or dietē for the
same sicknes.

The paciente in all diseases of the face
muste endure hunger as much as is possi-
ble, & eate not much at once. Also he muste
holde his head vprighte, and sleepe not on
hys knees, nor elbowes, nor with his face
bowed down. Also he must forbear much
laughynge, speakeinge, and great anger.

For the eyes.

Hereafter foloweth diuers medicines
for the eyes, whiche are the windowes of
the minde, for borthe ioye and anger, and
the mosse of oure affeccion, are seen and
openlye knownen through them, and they
are ordained and made to lighthen al the
body, wherunto nature hath geue browes
and eye liddes, to defende them and keepe
them in safetie, and the better to resiste
thinges contrary and hurtfull vnto them.

Pet notwithstandinge, beside many o-
ther chaunces, there happeneth sometimes
a debilitie in the sight, which must be hel-
pen as hereafter foloweth.

Take fenel, berueine, celidone, rue, eic
brighte and roses, of euerye one of them a

lyte

The regimene

like muche, and distyl them as ye woulde
distill rose water, and use a litle therof in
your eyes, both in the morning, and when
ye gos to bed.

A water proued to clarifye
the dynneſſe of the
ſighte.

Take the iuyce of fenell, of celidone,
rue and eyebright, of eche two ounces, ho-
me an ounce and an halfe, aloes, turp, ^{ture},
and sarcocolle, of eche halfe an ounce, the
gall of a capon, chichē, or cocke two dram-
mes: Nutmigges, cloues, and Haſtron, of
eche a dramme, suger candie ſix drāmes,
put all in a lymbeke of glasse, and diſtill ic.
And of this water put in your eyes once in
the daye. And yf ye could get the liuer of a
hie goate, and myre with the ſaid thinges
in the diſtillation, that water will bee of
muche greater vertue and almoſt without
compariſon.

For theſame.

Ye muſt uſe every daye to eate Nut-
migges, and to take once in a wicke, a mi-
rabolane condite.

For theſame.

Take a Pie and burne her, and heate
her

of Life.

her to powder, and mingle it with fenell water, and put it in your eyes. Also water of yonge Pyes stylled, is very good. Likewise water of rotten apples, put twoo or three droppes in the eyes helpethe verye muche.

A singuler water for diseases in the eies: and to clarifie the syghte.

Take the grene walnutes, huskes and all from the tree, wthy a fewe walnut leaues, and distill therof a water to drop with in your eies.

Pylles good for the syghte.

The pylles sine quibus, asswageþ with trasciskes of agaryke, and pillule lucis, are excellente good to pourge the brayne, and comfort the syghte.

For peyns of the eies.

Some tymes peyne of the iyes comethe of bloud, and then the bernes of the eyes are redde and swollen, wherfore it is conueniente to be lette bloud of the head vein on the syde where the peyne is.

For bloudshoten eyes.

The bloud of a Stockedoue, or in lacke

C. i. of

The Regiment.

of it an other Doue or pigoō, dropped a litle in the eie, and a wette cloute there of layed vpon the samis, heale the bloudshotte eyes whether it bee of stroke, or any other cause.

Some tyme the sayd peyne commeth of Cholere, and then the paciente felethe greate heate, sharpe prycyng, and muche peine, and commonly there appereth no gumme in the eies, and if it dooe, it is yellowe. Therefore ye ought to geue hym a purgacyon purgyng Cholere, as hath been sayd in the remedye of the hedde, procedyng of the cause of Cholere.

For Swelling of the

eyes.

Take a Quince and seeth it in water vyl it bee softe, then pare it and bruse it, and mire it with the yolk of an egge, and the crummes of wheaten or whyte breade stiped in the saied water, and putte thereto a little womaines milke, and two peyne weyghte of Saffron, braye them all toge ther, and laye it ouer the forehedde and the eies. Sometimes such peines chance because

of Life.

because of fleume, and then the pacyent feleth greate heuynes in his eies, with a boundaunce of gumme matter, or water descending into the eies. And in this case, ye muste purge the fleume, as it hath ben saied in the remedie of the hedde, greued by the excesse of fleume.

To resolve the gumme, ye shall vse to washe your eies often times with the iuice of houtcke otherwise called *Senegrene.*

And sometimes the same pain commeth because of ventositie or wynde, and then the pacyente feleth such peines, as if one beate on his eare with an hammer, for whyche it is good to make a decoction of camomile flowers, mellilote, and fenell seede, in water and white wine, and there in wette a fower double lynnen clothe, and the licour well pressed oute, laye it often vpon the eie.

Other whiles there chatinceth paine of the eies, because of exserionice thinges, as of winde, duske, or heate of the Sunne, and then it is meete to laye thereto womans mylke, well beaten, wych the white of an egge.

C.ii. And

The Regiment.

And sometyme the sayd peyne commethe by percussion or scrykyng, and then ye must droppe in the eye of the bloud of a pigeons wyng, or of a partriche, which blod hath lyke vertue to take awaye spottes, markes, and rednes of the eies.

For very greate peyne of the eyes.

Take an ounce and an halfe of oyle of Roses, the volke of an egge; and a quarter of an ounce of barlye floure, and a lyttle Saffron, mire all toghether, and put it betwene two linnen clothes, and laye it to the payne.

An other.

Take of crummes of wheaten breads whyte, an ounce, and seeth it in nightshad or morell water, then mire wych the sayd bread two volkes of egges, oyle of roses and camomyll, of eche an ounce & an halfe muscilage, of lynesede an ounce, and vse it as is aforesayed.

An other.

Take sixe leaues of henbane, and roste them, then beate them very well in a morcer, and laye them to the payne.

For rednes of the eyes.

In

of Lyfe.

In the beginning of the rednes lay vpon the eyes towe, dipped in the whyte of egges, but let the whites be well beaten first vpon rose water, or wþþ platayn water.

An other.

Take redde roses, and seelsh them, and let them be set warme to your eye. Thys taketh away spottes of bloud, that sometime chauncereth in the eyes. Also it is good for all diseases of the eyes. And it is good for rednes of the eyes, that commethe by strykyng or any such violence. If at anye tyme there happen a spotte or blemyshe in the eie by a stroke, ye must lay to it by and by towe, wet it in rose water, & in whites of egges, and after that the peyne be mitigate, ye muste lay a playster vpon the eye made of a raw egge. Warly floure, and the iuice or musilage of mallowes, and then if the eye be not holpen of the sayed bloud, ye must lay to it a playster both dissoluteur defensiu, and partly appeasynge the peyne whych must be made of wheate floure, the iuice of Mallowes, Mintes, and smalache and the volke of an egge.

Of hardenesse that hath been
long in the epe.

C.iii. Take

The Regiment.

Take a scruple of aloes, succotrin, and
melt it in water of celidomie at the fier,
then receive the fume of it and afterwarde
washe the eie with senell water.

An other.

Take powder of cumine mixte with
ware like a plaster and laie it vpon the
eie.

An other.

Take roses, sage, rue, celedonie, of eche
a like muche, with a litle salte, and distill a
water, and putte thereof a drop or two in
your eie euening and morning. In stede
of that water, it is good to take iuice of
Merueine, rue, and a litle rose water.

For all rednesse of the eies.

Take the bignesse of a nutte of whyte
coperose, and a scruple of yeros, and pou-
der it, and mixe it with a glasse ful of well
water, then putte two or three droppes in
your eies.

For the same.

Water of strawberies made and putte
in the eie is good.

A singuler powder that dryethe
and taketh away the red-
nes of the eies.

Take

of Lyfe.

Ake tutie preparate an ounce, and
timonie halfe an ounce, perles ii.
drammes, red coral a dramme and
an halfe, poudre all these thynges
veri fine, and kepe them in a boare of tyme
and vse it.

For to stoppe watring of
the eyes.

Make a playster of pouder of Ma-
rike, syne frankensence, hole ar-
moniake, and gunyme dragagante
wyth whytes of egges mixt together, and
lay to the foreheade and temples. Also it is
good to set ventoses on y naue of the neck.
Also it is good to make a colirie to put in-
to y eies as foloweth. Take Tutie piepa-
rat, & the stone called Lapis Hematites, of
eche a dram, aloes halfe a dram, perles &
camphore, of ech a Scruple, pouder them
all very syne, and mixe them in theoun-
ces of water, distilled of the knops of ro-
ses, and therof make a collirie.

Also for to stoppe all humours descen-
ding to the eyes, these thynges aforesayed
are verye good mixte wyth rayne water,
wherem olibarium or frankensence hath
been sodden.

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C.iii. For

The Regiment.

For webbes of the eye.

It maye be easiye holpen in younge
folkes, but in aged persons it is very
hard. And in the begynnyng, ye must
mollifie them with a decoction of the flo-
wers of camomil, melylote, and coole lea-
ues, receyuyng the fume of the sayd deco-
ction wrythyn the eyes, and then put therin
a litle pouder made with sugar candye, sal
gemme, and egges shelles burnte, and af-
terwarde distill into them womans milke
wyth the decoction of fenugreke.

An other singuler receipt for

webbes in the eyes.

Take snayles wryth the shelles on, and
washe them eyghte tymes, and distyll the
in a common stillatorie, then take hares
galles, redde corall, and suger candye, wryth
the sayd water, distill them 2 gynes, & put
every mornynge and euening a droppe in
your epe.

An other water.

This water is made of whyte copperose
sugereandye, and rose water, wryth whytes of
egges that are sodden harde, and streyned
through a lynne cloth, and put into your
eye, after dynner, and all nighte to bed-
warde.

of Use.

warde.

Regiment for thē that haue
any sore eyes.

Ye must alwaye kepe youre bellye lose
and abstayne from fyre, smoke, wind, dust
and ouer hote or colde ayre, and from we-
pyng and long readings of a small letter,
from ouer longe watching, ouer muche
drynkyng of wyne, and eatyng late, for all
these are very noysome to the eyes & sight.
Also all evaporatiue thynges, as onyons,
leekes, garlyke, mustarde, pease, and bea-
nes, are very daungerous. Ye muste kepe
your fete cleane and forbear a day sleepe.
Behold grene thynges, clere water, preci-
ous stones: and to kepe you frō longe hol-
dnyng down your face, succoureth a syghte
verye much, and is very good for the eies.
Likewise use meates of good and quicke
digestiōn, as to rate fenell often, and after
meate, take coriander compotes, prepara-
ted, and drinke not after them. But aboue
all kepe aways your handes, for the rub-
byng of them maketh them worse & worse

Remedye for diseases of
the eares.

Take

The Regiment.

Take oyle of roses & a little vinteger, and put it into the eare, than make a bagge of camomill and mellilote, and lay it therunto.

For noise and sounding of the eares.

Take pillule cochle, or feticide, because þ sounde procedeth of ventosite or of fleume, and before ye take the sayde pylles, it is good to drynke three ounces of fenell wa-
ter, twoo houres before meate, fower or syue dayes. After the operacion of the
saide pilles, ye must dippe a tensa in oyle
of ruc castor, or of salte, with the myce of
lekes, and often in the mornynge fassynge,
to holde his eare ouer the warme decoc-
tion of Maioram, Rue, wormwood, Camo-
mill, and Melilote.

For paine in the eares.

Goose grece with a little chony swageth
the paines of the eares.

Also the Chestwormes sodden in oyle
of roses vpon hote ashes in the rynde of a
Pomegranate, and dropped in the
eares.

Item oyle of almondes, speciallye of the
bitter almondes hote.

Item

of Lise.

Item if there be water in the eares it
shalbe had out with a licle goose grece, &
the iuyce of onions.

Also yerth wormes with gose grece sod-
den, is good for Payne in the eares.

Item an Adders hame sodden in wine,
and the eare bathed in it, and a litle therof
put into the Payne is good to take awaye
the griefe, and it helpeth also to the eares,
that are runnyng with stinking matter &
corruption, but in that case ye must haue
boyled in the wine a litle mirre.

Regiment.

The pacient must eate and drinke litle
and sweate in bathes, or whote houses, &
sometymes to prouoke neslyng. He muste
forbeare garlike, onions, leekes, pease,
beanes, and nuttes, nor drinke wine with-
out water.

For deafnes.

Sometyme there chanceth deafenesse
by wynde, whiche is in the eare, the whi-
che causeth tyncklyng in the heade, and
then one muste putte a lycle aloes in hote
water or in whyte wyne, and distyll into
the eare.

Then putte a licle euphorbium in pou-
der

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✓ der into his nose, to make him to nese and auoyde as muche humours as ye can.

Some time deafenes cometh of sleume whiche when it is olde, is incurable. But when it beginneth, it muste bee purged as hath been sayed in the remedy of the sound of the eares. The take pouder of barberies and seeth it in oyle of lilies, & put it warme into your eare, and a lytl blacke wolle to stop the eare wryth, that no ayre enter.

Remedy for stinking of the nose.

Take cloaues, ginger, and calamynite of eche a like, and seeth them in whit wine, and ther wryth washe thy nose.

After put in pouder of piretrum to prouoke you to nese. And if there be repletion of sleum in thy head first ye must purge it with pilles of cochie, or of hiera picra. Also if the cause of stinking com from the stomake first helpe the stomake; as shal be saied hereafter in the remedies of the stomake.

Medicines for bledynge at the nose.

Take a dramme of hole armoniale washed, and mire it in rose water

Of Lise.

or plantaine water, and drinke it. Then binde the extreme partes as harde as ye may, and after make a tente of greeke nettles, and put it into his nose. Moreouer, it is good for the paciente to hold in his hande a grimony, with the roote and al, & drinke the juice of knotgrasse, and wythoute double the bloude shall staunche anone.

For the same.

Sette a horing glasse vpon hys lyuer, if the bloud come from the ryghte side, or on the splene if he blede on the left side, and lay vnto the stones a good quantite of tow or lynnē dypped in vineger, and for a woman, laye it vpon her brestes.

An other singuler medecine for to staunche bloud, and it is a chyng
expertis of al the good practi-
cacioners.

Take swines dounge, even as hote as ye can haue it from the swine, and when ye haue cleansed the congeled bloud out of y^e nose, wringe it through a cloute, and let y^e juice perce into the syde, from whence the bloud commeth, and by the grace of god ye shall see it staunche anone. Moreouer it is good to bynde the fete and armes as hard
as

The regimenc

as can be suffred with a corde or a lace, the
stronger thei be bounde, the better.

Remedy for the tooth ache.

Ayne of the teech (as Galene saith)
Amongest other paynes that ar not
mortall, is the most cruel and grie-
vous of hem all. It maye come dyuerse
waies, of a colde or hote cause. If it come
of a hote cause, his gummes are redde and
very hote, wherfore it is very good to hold
in his mouth water of caphore, or to seeth
a little camphore in vineger, and hold it in
his mouth.

An other singuler remedy that ta-
keth away al kindes of tooth
ache, specially if it come of
a hoate cause.

Take henbane rootes, and seeth them
in vineger and rose water, and put the de-
coction in your mouth.

Remedy for tooth ache that
cometh of colde causes.

Forasmuch as in such cascs of tyme
shere distilleth abou'dance of water into þ
mouth, purge it with pillule cochie, & af-
terwardes kepe in youre mouthe warme
wine, wherin hath bene sodden pellitory,
mintes and rewe.

An

Of Life.

An other remedy for the same.

Take sage, pellitory, and seeth them in
vimeger, and keepe it in youre mouthe as
hote as ye may suffer.

Another for the same.

Take pellitory, st auelacre, and þ thre
kyndes of pepper, of eche one part, macis,
galingale, halfe part of the other, make a
pouder, and with a litle white wine rubbe
the teeth, and then lay on the sore said pou-
der where the Payne is.

An other.

Take the middle barke of an elder, salt,
and pepper, of eche a like muche: & stampe
them together, and laye it to the sore
teeth.

An other remedy.

Take a litle cotton, and dippe it in oyle
of spike, then put it on the sore tooth. If
the tooth be hollowe, it is good to drawe it
out: for it will every daye waste whatsoe-
uer ye doe vnto it.

To make the teeth white.

Take whyte marble, cuccle bone, white
coral, sal gēme, baissalt, mastik, & pilles of
a citron, of eche like much, make them in
very fine pouder, & rub þ teeth therwith, e-
very morning.

And

The regimenter

And afterwarde washe your mouth with
white wine, wherein hath been sodden a
little camomill and dill.

For the same.

Take vineger of squilles, and dippe a
little piece of cloth in it, and rub the teeth
and gummes withall. The sayed vineger
fastneth the gummes, conforteth the ro-
tes of the teeth, and maketh a swete breth.

An other remedye to make
the teeth white.

Distill a water in a lembike of two
partes of sall gemme, and the third
part of alumme, and rub þ teeth with
a linnen clounce dipped in the same.

To take away stinking of
the mouthe.

Yþe must wash hys mouth wþh wa-
ter and vineger, and chew mallyke
a good whyle, and then walhe thy
mouth with the decoction of anise seedes,
mintes, and cloues sodden in wyne. If the
stinking of the mouth comith of a rotte
tooth, the besse is to haue it drawen out.

Regimenter for tooth ache,
and stynkyng of
the mouth.

of Lyfe.

Ye muste walsh your mouth beforne
and after meate wþt warme water, for
to cleanse the mouth, and to purge the hu-
moures from the gummes, whiche dys-
cende oute of the head. It is good euerye
morninge fastinge, to walsh your mouth
and to rubbe the teeth wþt a sage leafe,
pilles of cytrone, or wþt pouder made of
cloaues and nutmygges: ye muste forbere
lettuce, rawe fruite, al tarte meates, and þ
che wyng of harde thynges. Also al meates
of euil digestion, and vomiting.

The thirde chapter treateth of
remedies for diseases of

the breaste.

Friste for hoarsnes of the voice that
makethe a manne to speake lowe
and wþt greate payne, ye must a-
uoyde all eger, salte, and sharpe thynges,
and slepyng by daye, to muche watching,
greate colde, muche speakyng, and to loud
crying. All swete thynges are verye good
as apples sodden wþt suger, great raisins
figges, almonde mylk, hulled barley, pig-
nolate penedies, whyte pylles, sugercandy
and the iuice of likorice.

Kensoye for a hoarce voice.

D. i. Take

The Regiment.

Take the broach of redde cole wort
and mingle with it. vi. or. viii. penidies, &
an ounce of sirupe of maiden heare, and
geue unto the paciente, when he goethe to
bedde.

An other medicine.

Take diauris simple, and eate a loseng
of the same at morne, and also at nyghte.

An other remedye for hoarsnes
of a long continuance.

Take reisyns, sygges, suger, cinamont
and cloues of every one a litle. Seth them
in good woyne, of the whyche ye shall geue
to dynke mornynge and euenynge. ii.oun-
ces at a tyme, excepte he haue a feuer.

For the same.

It is good to take mornynge and eue-
ning, a sponnefull of the syrupe of iuubes
mixte with a roote of liquorice, in maner
of a loc. If wyth the sayed hocenesse, there
descende abondaunce of water to the
mouth, it is good to make an electuarye,
of halfe Dairis, & halfe viadragantum
and to vse it first and laste, after presuming
wyth stoupes of flax, samyng wyth fran-
kincense, mastike, sandrake, and shorak
Calamite, layed vpon the head warine.

Remedye

of Lyse.

Remedy for the cough.

Take Isole, great Rapsyns, and Figges, of ech a lytle handefull, Licorpce ane ounce, boyle them in water, tyll the thyrde partie be walled, then geue it hym to dynke twyls a day, in the mornynge, ii. houres before meate, and at nyghte one houre before supper and immediatly after it is good to eate a losenge of Diayris, or diaperadion.

If ye wil haue it stronger, pue to them in the decoction a litle Coleworces, anise, and fenell, wych the sedes of nettelles, of ech two drammes.

An other remedye.

Take sugercandys, whyte pylls diayris, & Diadragant, of euery one, one ounce liquorice two drammes, make a pouder, and lette hym eate thereof a sponnefull, mor-ninge and eueninge and dynke after it three ounces of water of Isole, or of Seas byouesse, with sugar, and wþhoutte Sugercandys.

In steade of those waters, ye maye take the broth of redde Cole worces with- out Salte.

Will. An

The Regimen.

An other remedy.

Take sirupe of Liquirice, and of Isole
and drynke it euern and morne with a pti-
sane, or one of the same sirupes, with a
sponnefull of ptisane is good.

An other.

Take pouder of Dianis simple, and Li-
quirice, of ech a dramme weight and with
fower ounces of suger make an electuary
to be eaten first and last and after meate.

An other.

It is good to take locsanum, wyth a
sticke of Liquirice, at the coughynge, and
after meate. And there is an other loc cal-
led loc de pino, as good at all tymes as the
other is. And it is godd to annoynte the
breaste mornyng and eueninge, wyth
oyle of lylies, swete almondes, and May
butter wythout salt.

Here is to be noted, that commonly the
cough procedethe of colde humours that
greuethe the lunges, and for that cause all
thynges the whyche bee hotte, swete,
and doe prouoke spittle, are very good and
holosome for the same, as be the thynges a-
fore rehearsed.

And some tyme it procedethe of heate,
and

of Lyfe.

and then it is knownen by the greate alteracion or feuer, and then ye must forbidde the pacyente dynkyng of all wynes, and to vse thynges that hereafter foloweth.

Remedye agaynst the cough,
comming of a hotte cause.

Take sirupe of violettes and of iubes, and dynke thereof morning and euening wyth a litle ptisane sodden.

For the same.

It is good to take fyrste and lasse, a losenge of diadragagante, and afterward to dynke a draught of good ptisane.

A good receipte agaynst
the cough.

Take the roote of Enula campania, Horehounde, Holihocke, of ech a lyke mucche, seeth them altogether in whyte wyne, with a dosen of fatte sygges, and a litle Liquirice, dynke of it a draught, euer day twyse.

Regiment or diet for them that
haue the cough.

Ye must abstaine fro vineger, vertuice, al salt meates, frutes, and raw herbes, fish limons, grosse meates, & to much replecio.

D.ii. Also

The Regiment.

Also ye maye dynke no wyne betwene
meales, and bewars of day slepe, and speci-
ally after meate.

The wynde, the colde, and muche tal-
kyng, are very unnaturall for the cough,
and so is all laboure as well of the body as
of the mynde, and sometyme it is good to
holde your wynde a litle, and lette it goe
agayne.

Remedies agaynst short- nesse of the wynde.

Shortnesse of the wynde procedeth
oft tymes of fleume, that is tough
and clammyshe, hanging vpon the
lunges or stoppyng the condites of the
same, beeyng in the holownes of the brest
or of catarrous humours that droppeth
dowone into the lunges, and thereby com-
meth straynesse in draulynge of the brest,
whyche is called of phisitions, dispnoea, or
asthma. And when the paciente can not
bende his necke down for dread of suffo-
cation, it is called orthopnoea. For every
one of these diseases, there bee verye hol-
some medycynes declared here afore.

The receite for Asthma.

Take

of Lyfe.

Take an ounce of greate raisins picked from the kernels, two sygges, the meate of a date, drye yslope, mayden heare lykoricē, and the lungenes of a fore washed in wyne, water of scabyous, of every one a dramme, penidies ii.ounces with sirupe of lykoryce, let all be incorporated, and make a loc to ete a good whyle after meate, with a sticke of likorice.

An other receite.

Take horehounde, mayden heare, and isope, of every one a handefull, lykoryce, daces, sygges, seede of smallache, and of fenell, of every one halfe an ounce: boyle them in a pynt of water and an halfe, tyll the thyrde parte be consumed.

After geue hym the sayed decoccyon to dynke a good draughte euery mornynge two houres afore meate. And before it, or incontynently after it, it is good to take as muche as a chesnut of conserue of coole wortes, or a losenge of diaysopi, or Diairis Salomonis. Also loc de pulmone bulpis, is excedyng good for the sayed dys-ease.

An oyntemente for shozenes of breath.

D. iiii. Take

The Regiment.

Take two ounces of oyle of swete almondes, one of may butter unsalted, a lytle saffron, and of newe ware, and make an oyntement, wherewithal ye shall annoynte the breaste morn and euen.

Regimente.

Considerynge the sayd dysease com-
meh of to greate abundance of fleume
in the lunges, it is good to obserue the thi-
ges, that are shewed in the remedies of the
cough. And to dwell in a drye place, farre
from water pooles, or maryshes, and to
sleepe in a moiste chamber, in the whyche
ye muste haue a fyre of wood wout smoke
The bread muste bee lyghte and pleasant
for soure breade, browne breade, and cru-
stes, are to bee auoyded. Also ye may eate
no Pease, Beanes, nuttes, chesstenuttes,
nor any thyng that stoppeth or engende-
reth the wynd. Fyfhe rostid vpon the gridi-
ron may well bee suffered, for they be not
so euyll. Hulled barleye, ryse, brothe of
colewoortes, and broth of an olde cocke,
wyth Rose and Saffron, ar specyall good
meate for the lunges, and so are fat figges
raylyns of Alican, dates, graynes of the
pine, pignolace, and swete almondes.

Greate

Of life.

Great mouinges and chafinges, and so-
daine labour is very euill, yet moderate
exercise afore meate is good and profyta-
ble.

Rennyng, anger, and siche other passi-
ons that enflame the heart, are in thys
case utterly to be avoided.

Remedies for the pthysicke.

PThys is an viceracion of the lon-
ges, by ths whiche all the body fal-
leth into consumpcion, in such wise
that it wasteth all saue the skinne. Ye may
know him that hath a pthysicke, for from
daye to daye he warcheth euer leaner and
drier, and his heere falleth, and hath euer
a cough, and spitteth sometime marrer &
bloudy srynges withall. And yf y wchiche
he spitteth be put into a basin of water, it
falleth to the bottome, for it is so heauye.

Galene speakeyng of thys disease, sayth
it is vncurable. But whē he was in Rome
he gaue counsayle to them that hadde the
pthysickes, to dwel in the mountaines and
hie places, farre from waters, and watrie
groundes, and so their lyfe shold be pro-
longed, but at the last they died of the same
disease. Neuertheles, it is good to releas y
payn,

The Regiment.

pain, and to helpe them as much as is possible. And the chyng that is most holesome for chesame, it is to drynk euery mornynge a draught of asses milke, fourre houres afoore meat in the place wherof one maye take the milke of a gote newely milked, & mire them euery tyme with a sponefull of pouder, made of suger roses, and it is good euery tyme to vse cōserue of roses, pignolat diadragagantum, and anoint the brest befoore and behynde, with oyle of sweete almondes, May butter, and salt.

An other remedy proued by a religious manne.

Take twoo ounces of pimpernell in pouder, and therof make an electuary with suger, & vse it euery mornig ii. drāmes with pimpernel water. ii. ounces. Water of snailles distilled is proued good to them that be pthisicks euerye morning in drinke, and for all them that are drie and leane.

An other.

Take the fourre colde sedes, sede of quinces, of eche. iii. drāmes & a halfe, white poppy sede viii. drāmmes, the iuice of liquorice isope, anidum, gumme arabike, & dragac,

of

Of life.

of ech a dramme and an halfe, poudies,
the weight of them al, make a pouder, and
use euery morning. ii. drammes, and after
take two sponefuls of sirupe of iuubes, or
in stede of it, drinke the ptisane of water
of vngula caballina, otherwise called hors-
hoofe. The pouder wherof is good for the
ptisike, wherewith Haly saith, y he healed
a monke of the same sicknes.

Regiment for ptisike.

Y ought to do as hach bene saide in
regiment of Asthma, and to abstayn
from al spices, saue saffron. Ye must
likewise abstain fro al soure things, sharp
thinges & tart, nor be not hungry, nor drye:
but cheryshe you well with meates of easp
digestioun, and good nouryshement, such
as is coleys of Capons, balled barlye, al-
monde mylke, egges yolkes, beale, kiode,
lambe shepes fete, and smal byrdes, living
in woodes and bushes. creauises, and fish
of swete runnyng water, hauyng scales.
Snayles in the shelles sodde wyth senell
and Isole is very good. Ye muste hve
merelye, and playe at some pastyme for
pleasure without labouring.

He

The Regiment.

He ought to abstaine from laxative medicines, because that it is said. Cum fluo^r excedit, mo^rs intrat, vita recidit, which is contrary to asthma, for therem it is good euer to be lose bellied.

For the pluresye.

Hereafter shal be spoken of medicines, for diseases of the ribbes. And for playner knowledge of the same, ye shall understand that sometime in the skynnes that couer the ribbes, there gathereth together bloud and cholericke humours, which engender apostemes, called pluresie, and it maye be knownen by fourre maner of sygnes.

First the pacient hath a great burnyng feuer. Secondlye the ribbes are so soze within, as if they were pricked continuallly with nedels. Thirdly. the pacyent hath a short breach. The fourth signe is a strong cough, wherwith the sickle is vered, and by these sygnes maye ye surelye know a right pluresye, that is in the skin, vnder the ribbes within the body.

But there is another kynde of pluresye without vpon the ribbes apostomed, but in that is nothynge so great daunger, nor y feuer is not so strong as is the other afore rehearsed.

Remedy.

Of lyfe.

Remedy.

The pacient ought to be let bloude on the liuer vaine, in the contrary arme from the side that is diseased. After the begynnyng of the soze, till the thirde daye, and after that if the pacient be not feble, lette hym bloud agayne vpon the same syde wher the soze is. Moreouer the pacient ought to lay vpon the soze syde, euery day an earthē bottell, ful of warme water, and to anoince his ribbes with oyle of camomyll warme. And he ought to take a glister of chickyns brothe, milke, cassia, oyle of violettes, and hony of roses, if his belly be harde. And in stede of that glister, it is good to take an ounce of cassia, an houre before dyner, in a losenge or distempered with a prisane, or els with water of scabiose.

An other remedye.

Take of bromē floures, of scabiose and the great thistle called cardo benedictus, of euery one a lyke porcion, meddle them together, and let hym euery morning and euening, receive a good draught, and annoyn the rybs with oyle of bromē floures and it shalbe good.

Another singuler remedy.

Take

Item v. g. out moray. of. moray. / Da es moray
butt. / Helle myrra. / Salf in dreyf. / Salp. /

The Regiment.

Take thre ounces of water of our lady thistle, one sponefull of white wyne, & fyre ounces of egges well braide, mangle alcogether, and lay them plastrwise vpon the ribbes, as hote as ye may suffer.

An other expert remedie.

Take two good handfulis of horsedong, two rases of ginger in powder, and then wrapp well the dong and the ginger together in a cleare linnen clothe, then put them in a new pot to boyle with ii. pintes of white wine, vntill the third part be consumed and drinke a draught of the sayde drynke every morryng, and after ye haue dronke the sayde wyne, couer ye as wel as is possible and sweate.

Regement for the pleuresy.

The pacient ought not to drink wyne, nor eate flesh, but must be content to drink ptifane, barley water, and weake drynke, and to eate barley hulled, and milke of almons clarified, rosted apples and greates raisins as long as the feuer doth last. And for to helpe him to spit, it is good to vse often white pilles, diadragagantum, suger candy, and other thynges sayde in the remedie of the cough.

Fox

Of lyfe.

For diseases in the rybbes
which is not pleure sy.

There chaunceth often tymes a disease
in the ribs, which thei call a bunch, whiche
commeth of ventolitie, wherfore it is good
to applye thereto hote thinges, as a cost of
bread very hote, and a litle bagge of otes,
& bay salt fryed together, or of hony why-
che is better. Also it shall bee good to putte
thereto a sponefull of hote ashes, & herbes,
of horehounde, rue, worme wood, marge-
rum, Isole, bayes, and Camemill.

Another remedye for the same.

Take the rootes of colewort and hops,
of ech a ounce, veruein, mugwort, sage,
mantes, worme wood, tansay, and mother-
wort, of ech a handfull, put all in a com-
mon syll, and distyll them.

Kepe that water to dynke euery mor-
ning two or thre ounces, while the payne
doth last.

Another remedy.

Take the saide herbes and rootes, and
beate them with white wyne, and strayne
them through a linnen cloth, and geue vnto
the pacient a small draught two or thre
houres afore meale.

The

The Regiment.

The fourth chapter of the
weaknesse of the heart.

Weakenes or feblenes of heart is caused, when the bodye faileth his vertue vitall, without any evident cause or when the bodye is consumed and wareth out of colour, and that the operacions vitall are weake, without sensible hurting of any other member, but the heart. And it maye chaunce of an aposteme, for the whiche there is no maner remedy, for all apostemacion of the heart is mortall. And debilitie of the hearte maye come of heate accidentali, whiche one may know, when there is a great heate in the brest, and vehement thirst, and is quenched better in drawing colde ayze, then in drinking cold water.

Remedy.

Geue him that hath a feble hearte, and redy to faynt, eyther for feuer, or for extreme heate, the weyght of a frech crown of crosciske of camphore, wryth wyne of pomegranades, and lay vpon his brest towarde the left syde, a sendall or linnen dipped in water of roses and vineger.

A

of Life.

A lectuary.

In stede of ihese trosciks, ye may vse a lectuary called diamargariton frigidum, euery morning a lozeng. And it is good to geue him for the same feblenes, conserue roses, violetes, and water lilies mingled toguther, and after to drinke water of sozel, and to smel roses, water lilies, rosewater, and vinegre. Otherwhiles and most often debilitie of hart chaunceith of a colde and dry cause, and is without feuer, with great feare and heuynesse, the remedy whereof is this.

Remedy.

Take of an electuary, called Diamuscus, or of an other called electuarium pliris, and vse euery morning a lozenge, and drinke after it a litel good wine, or buglosse water, and annoynce the breast with oile of spikenarde. Moreover vse ones in a weke five houres before meate: þ weight of halfe a crowne of good triacle, or mithridatum, so it be wel tempered in a littel white wine with a fewe maces.

For the same.

Ye muste geue the pacient often in the houre of his feeblenes, cloaues, cinamom
C.i. nutmiges

The Regiment

nutmiges, setuale, of the roote of cole-woortes if he hath not y pbriske, in which case he must abstaine from the said thin-
ges. And it is conuenient to gine him in
that case good fleshe, and potage without
spices, and take every morning, a greate
draught of Asses or Goates milke, and su-
ger rosate.

For bearing of the harse.

It is called of the Physicians cardiac a
passio, or otherwise tremor cordis, that is
trembling of hart, and sometime it cha-
ceth with a feuer, and sometime without.

Remedie whē it cometh with a feuer.

Ye must be let bloud of the Liver vein,
and drinke every morninge Sirupe of
Pomgranades, and Limmons the iuice
of sorel, or one of them, with Water of Ro-
ses. Purcelane, succorie, and Sorelle. Mo-
reouer the paciente ought to smel thinges
colde & swete, as dried Roses, water Lil-
lies. Violettes, and vineger of Roses.
Also it is good to take an infusion or lare
of rubarbe, ordeined of som good Phisicia
after the whiche it shalbee good, to applie
vpon the lefe pappe, a linnen cloth dipped
in plantain water, roses, sorell, and a litle
vinegre.

of Lyfe.

Vinegret. For trembling of the hart

With out a feuer, a

remedy.

The pacient must take. ii. drammes
of the electuary of diamargariton
calidum, and the third parte of ele-
ctuarium de gemmis, then drinke. ii. or. iii
ounces of water of buglosse, and baume
myt togither.

An other remedy.

Take mastike, lignum aloes, cloues,
cynamome, nutmugs, and cubebes, of eche
a scruple, pilles of citrons half a dramme,
dozonici romani, and perles, of eche. xv.
graines, basil seede. x. grains, amber gre-
ce, and muske, of eche. ii. grains, with con-
serued buglosse or colewortes and sucket
of citrons, of eche half an ounce, make an
electuary with. iiiii. ounces of suger dissol-
ued in white wine and buglosse water, and
use of chesame euery morning. ii. drames,
and drinke a little good wine after it.

An other remedy.

Take water of buglosse, baume, & bou-
rage, of all thre togither a pound, of white
wine halfe a pound, powder of cynamome

E. ii.

cloaues

The Regiment

cloaues & nutmigs, of eche twoo drāmes,
mingle thē al wel toghether and then heat it
a litle, and dippe a linnen cloth in it, or els
a fearelet, and lay it to the leſt pappe.

An other remedie.

Ye must make a bagge of sendall, of the
said swete splices, or other cordial pouders,
and lay it hotte vpon the leſt pappe.

An other remedie.

Take pomanders made of lapadanum,
lignum aloes, and citron pilles maces clo-
ues, borazge floures, storax calamite, am-
ber of grece, & a litle ware, and let the pa-
cient beare that, and smell it ofte.

An other medicine.

The malwe of an olde cocke dried, and
made in pouder, is exceeding good to drinke
in red wome, or swete winc with a lyttell
saffron.

For the same.

It is good to drinke euerie morning.iii
ounces of water of buglosse wherin hath
ben sodden clounes. And it is good to drinke
in a morning.iii.ounces of iulep made of
halfe a pound of baume water, and thre
ounces of suger. The confection of diaiacin-
thy, is singular and excellēt for trembling

• Of life.

of the heart, but it is for noble menne, not
for poore folke.

For swooning.

Swouning is a takinge awaie of
the feeling and mouing of the bo-
di by weaknes of the hert through
to muche auoidance of the sptridges.

Remedy.

In Somer for swooning, sodainly ye
ought to caste vpon his face colde water,
mingled with rosewater or vinegre. And
if ye stoppe his mouth, and nose, and bowe
his face vnto his knees, so long as ye stop
your wunde your selfe, ye shall forthwith
recouer him. But if the said swounig com
of the mother, ye must lay to þ nose al stin-
kyng thinges & abhominable sauours, as
parriches feathers brent, castor, & assafeti-
da, or the smulles of candels. More ouer ye
ought to geue þ pacient a little good wine,
which is the chiese thig that quickliest re-
storith him as saith Averrois in his seuerth
colliger. Afterwarde rubbe his armes and
legges, and bind them hard, then prouoke
him to nese putting a litle ponder of long
pepper, euphorbium, or castor into his
nose. And if by the saide medicines, the

¶.iii. pacient

The Regiment

pacient doth not amend, this disease is incurable. And here ye maye note, that if swooning com by great resolution of spirites, as after great euacuation, either by sweat, flur of bloud, or laske, ye ought not to cast cold water on his face, nor to bind his membris, for that shulde do him hurt, but kepe him in a place without mouing, and geue him to drinke a little good wine, & nourishe hym with good light meates as pullets, chickes, capons, partriches, veale mutto, & kid, Whereof ye may make hym good porrage, coleises or restoratives, distilled or otherwise, as ye shall think conuenient.

The v. chapiter of remedies for diseases of the stomake.

The chescf of the body doth receiue the meate necessary for all the membris in the stomak, which is situate in the middes of the body, for to digest the same meate into all the membris, to the whiche chaunceth debilitate or hinderance of appetite, sometimes by errour of the eater in qualite or quantite, and sometimes by rason of y fleume that descendeth from the head like a reume.

Remedy.

Kepe

of Life,

Keewe abſſinence, and eate sobrely light
meates, and drinke good wine, & but little.
Purge the ſtomake, in takig pilles of ſim-
ple hiera before meat. ii. oz. iii. of the ſaide
pilles at four of the clock in the morning.
If the repletion be greate, ſleeping in the
night, he muſt lay his hand on his ſtomak,
or els lay a little pillow of fetchers on it, or
a bagge of woormwood and margerim.
Somtimes ther chanceþ ſuche debilitie,
not for reume, or meat or drink, but by vi-
ſcous and ſlimy ſeum in y mouthe of the
ſtomak, which cauſeþ to engender abun-
dance of ventositie, and makeþ the meate
to ſwym with little chaffe. And ſometimes
with ſour belchings, and inſtations, ſuche
debilitie may not perfectly bee cured, but
for a time mended with the remedies that
folowē.

Remedies for weakeſſe of y ſtomake.

First ye muſt take pillule ſtematice. ii. oz
iii. houres afore meat, moze or leſſe, accor-
ding to the quantitie of the fulnes of y ſto-
mak, and after geue hi euery morning. ii.
houres afore meat and one houre after
ſupper at euery time a lozēg. of a lectuary
called diagalāga, or an other called diacl-

E. iii. minū

The Regiment.

minum, which lectuaries do consume velerities, and with their confortable heate, drue away the colde and the windy complexion of the stomake.

For the same.

Greene ginger is very good, taken as is said afore of electuaries. And it is holsome to eate afore your meate, anyse sedes and fenell, and when ye begin to eate, take a cost dipped in sodde wine, or good malmesey without drinkyng of the same wine, except it be a very littell after meate.

An other.

Take mastik and lapadanum, of euery one an ounce, mintes and woznewoode poudred, of ech a dramme, turpentine, as much as shal nede to incorporate them together, make a plaster and spryd it vpon it vpon lecher, and lay it to the stomake. In stede of the said plaster, it is good to anoint the stomak with oile of spikenard, and make, or to lay on it hotte breade stieped in good wine, on the whiche bread stralwe pouder of cloues and nurnigs.

Sometimes suche debilitie of stomake, cometh of hot causes, and the it is knowe by the litle appetite to meate, and greate thirst,

Of life.

thirst, and hed ache before meate, and after it, cometh stinkinge belchinge, wherof sometime foloweth vomiting, and is holpe on this wise.

Remedy.

In such debilitie, if there be great quantite of spittle, and muche desire to vomite, it is good to take x. drammes of hierapicra picro, with the decoction of cicers, or with two or thre ounces of water of woormes wood, and after your meate, use coriander seede prepared, and beware ye drinke not therafter, nor sleape in the day time.

To the same.

Mirabolans codite ar very good for the same purpose, to be giue once in the weke, at four of the clock in the morning, half an ounce, or a hole ounce euery time, & take away the stome that is within. If in y saide debilitie of Stomake of hote cause, ther be not abundance of spittle, but drines of mouth, wth thirst & vomiting, stinking & fumish, it is good to take euery morning sirup of sozel, sirupe of roses, or sirupe of quinces, wth endiuie & succory water and water sodden & cooled again, and then drink hierapicra, as afore is said, or take a purgation,

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purgacion, as is declared in the pain of the head, coming of choler. It is to be noted, that for such debilitie of the stomake, ye may not weare any cerote plaister, nor baggue, wherein is hote medicines, lest ye shuld augment the cause, but it is conuenient to anoint the stomacke with colde oyles, as be oiles of roses, and quinces, and if ye will haue a plaister, make it of redde roses and saunders.

For abhorring of meate.

Sometime there chaunceth in the stomake, a disease called fastidium, or abhorring of meat, wherby the persone against his will taketh in hate and abomination all maner of meates, that is offered unto him: likewise as a hole man taketh pleasure & delite in his meate. The cause of this disease, is repletion of cholerik humours, or sanguinatike, grosse and viscous, which are in the stomacke, and the paciet hath great thirst, a drye tongue, the mouth bitter, and sometime dothe vomit yelow choler.

lonia Kennedy. The aynd plaine

Ye must purge the choler as hath been saide afore, and if the veines be great and ful of blud, ye ought to let him lade on the right

Of life.

right arm, and on that veine which appereth moste: and to quiken the aperite it is good to geue him to eate or drinke, such as the pacient demandeth, although it be noe alwayes of the best. And also it is good to give him that iuice of pomegranads.

For belchynge.

Welching is a ventosine inflatiue expulſed oute of the stomake to the mouth, and cometh by feblenes, and litle heate of the stomak, which engedreth winde, wherfore it signifieth a cilde complicacion, whiche is caule of suche ventosite after meate. And for this disease ye shall doo as foloweth.

Remedy for windinesse of

the stomake.

Abstaine from al fruities, & raw herbes, pease, beanes, garlike, onions leekes, chesnuttis, course meates, great repast, & alepe on the day. ye ought to take fasting, conſices made of anise, fenell, cumin, & carreweie sedes, or els pouder of the said thinges myte with sugar. Also it is good to tak in a morning. ii. houres before meat a lozenge of aromaticu rosatu, & if ye haue an aking stomake and coloe, it is good to take euery mornig a lozeng of dianisi,

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dianisi, or diacatinum, or some other confortable lozenge, and to drinke after it a sponfull of good wine.

An other remedy.

Ye maye take a little galingale with a little wine, or pouder of cumin, with some good wine.

An other remedy.

Drinke every morning fasting two ouces of wine, wherin hath ben sodden bayberries, anise, and carraway seedes, of ech a little. And if ye put to it little pure frankense, it wold be the better. And without, it is good to lay a bagge full of camomill floures, rue, wormewood, and maioram made in pouder, or for to annoit the stomak with oile of wormewood, rue, spikenard, or baines. Sometimes such bellchinge and ventositie cometh before meat, & it is caused of fleum viscous, or warrishe, that is in the stomake.

Remedy.

Ye must purge the fleume with pillule cochle or electuariū of diacartami, as hath ben saide in the remedy of pein of the head caused of fleum. And ere ye geue the purgatio, ye ought. iii. or. iii. mornigs. ii. houres afoore meat, to take two litle sponefuls of sirupe of wormewood or of mintes.

After

¶ Of life.

After the which purgatiō, it is good to anointe the Stomake with oile of mastike, nardine, worme woode, or likcs and for to weare vpon the Stomake a cerote, beinge made like a plaster, which ye may bie at y Apotecaries, called cerotum Galeni, or a bagge made of marozam, and camomill flours, & take euery morning a lozenge of y electuary aboue named, or of diagalāga. Item ye shal note, that if the person ca not take a purgation, to auoid sufficienly the fulnes of the Stomak which hindreth y digestion of meat he must take a glister, and afterward pilles of elephāgine, or of hiera simplicis, before dinner or supper. Moreo-
uer, if before dinner ye felte an heunes in y Stomake, ye ought to take one of the saide pilles halfe an houre before meate.

¶ For the hicket.

Hicket or yeasking, is an euil mouing of the vertu expulsive of y Stomak prouoked by y vertu sensible, to expulse that y dothe annoy. The said hicket doth somtimes hap-
pen by reson of emptines, by debilitie of y Stomake after long sicknes, or by flur of blud or lar, or by som other strāge euacua-
tion, whiche is very perillous, and often-
times

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climes mortal. Therfore it is good to giue restoratiuus to the pacient, & to geue hym soft egges, almond mylke, hulled barley, coleise of capons, or other thinges of good nourishment, and of easy digestion.

Also ye ought to stop the laske, & to make the pacient to sleape longe, and anoint the stomak with oyle of swete almons. Somtimes hicket procedereth of repletion of matter humorous, or of drak and meat whiche engender grosse ventositie, & not very easy to consume. If y^e stomak be ouercharged w^t meates, kepe a longe abstinence till digestion be done; or els vomite and anoint the stomake with oyle of dill, mastike, woodw^e and ~~castor~~. If humors contained in the stomacke be cause of the said hicket, take an ounce of hierapicra with water of wormewood, or elles pilles anise cibum. iii. or. iii. houres before meat, and every morning following the operation of the saide hierapicra, take a lozenge of dianisi or dia-cimini, or els a few anise sedes & carawais.

Regiment for all maner hicket.

It is good to kepe longe and often his breath to rese, to trauaile much to endure greate thirst, and also to sleape longe. And

Of hise.

it is good to cast colde water in the face of him that hath the hicket, and to thretten him, and so put him in feare, and to angre him, or els to prouoke him to heunes, for by these thinges, the naturall heate is revoked and fortifid within, and causeth y hicket to cease.

For vomiting.

Vomitinge cometh somtimes without great violence, and therby one getteth helch wherfore ye neve nor give him any reme-
dy, for it is a good action of the naturall
vertu of the stomak. Sometime vomiting
cometh by a greate violent mouinge of
the vertue expulsive of the stomake, for
the euill chinges contained in the same.

Remedy.

One may well helpe a man to vomste,
geuing him warme water with a litle oile
to drinke, or els to put the finger in his
mouth very low or a fether wette in oile,
the better to vomit and mundify the sto-
make, ys so be the persone haue a wyde
chroche, and that vomitinge do not hurte
him much, as be they that haue but small
braie throtes, and long neckes and leane,
and

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and he that hath an euill sight, for all these
it is euil to vomite.

Sometimes vomiting cometh by weake-
nes of the stomake, caused of a hote & euill
complexion, ye shall heale it after this ma-
ner.

Remedy.

Take sirupe of roses, quinces, mitilles,
with water loddon, and colde againe, or
els water of purselane for to refreshe and
quenche the thirst that chaunceth comon-
ly in such a case. And it is good to anoint
the stomack before dinner and supper, with
an ointment made of oile of roses, and
quinces, with iuice of mintes, and a littell
ware, or els to make a plaister of mintes,
roses, wormwood, and oile of roses, and
lay it to the stomake.

An other.

Take frankensence, mastike, of ech half
an ounce, made in pouder, & mingle them
together, with the white of an egge, and a
little barley floure, then spread it on a little
tow, and lay it to the mouth of the stomak.
At y latter end of dinner, it is good to take a
morsell of marmalade without drinke.

Somtime vomiting procedeth of euill
and

of Use.

and colde complexion of the stomake.

Take thereto Remedy: iiij. to xxij. ij.

Annoynt the stomake with oile of spike
nard and mastlike, or els make an oint-
mente of the sayed byles, with a litle ma-
stike, cozall, and ware, and annoynce the
stomake mornynge and euening.

An other medicine.

Make a bagge of wormewood, majora
and dry myntes, of ech a like handefull,
cloves, galungale, and nutmygges, of ech
halfe a dramme, the sayd thynges pouyned
and put betwixte iiij. lynnen clothea wylh
cotton enterbasted and applyed vpon the
stomake, are of wonderfull operacion. In
steede of thys, ye may take the saied herbes
dried on an hote tilestone, and put them in
two linnen cloates vpon the stomake.

An other maner.

We maye take a coste of breade and
sleppe it in the iuyce of myntes, and caste
vpon it pouder of mastlike, then laye it v-
pon the stomake, and from three houres
to three houres, let it be renewed.

Take two handefulls of myntes, and
a handefull of roses sodde in wyne, than

F. l. take

The Regimen.

take two ounces of rosted bread, and moist it in wine, and incorporate it with pouder of mastyke, and the sayd roses and mintes and make a plaister, wherof one pannier be laid to the stomake when the paciente would eate any meate.

The saied plaister is also good in all hote causes, if for the sayd wine, ye seethe the mintes and roses, and stiepe the roste in vineger.

To comforte the stomake after vomyng.

It is good to gene vnto the paciente every morning an ounce of sirupe of wormwood, or myntes, in stede of which it is conueniente to take a losenge assaromatica rosarum, or diagalanga.

For the same.

Take euening and morning. iii. houres before meate. ii. cloues in pouder wyth a sponnefull of the iuyce of myntes, or halse a sponnefull of rue, dryed, wyth a lytle wine. Also it is good to take pouder of cloues, and lignum aloes, the weyghte of a crowne, with wine. ii. houres before meate.

A glister for the same.

And here ye muste note, that in al bo-
miting,

of Lise.

mixing, if the pacient be harde bellied, it is
godd to take an lenitue glister made of
decocion of March mallowes, mallowes,
violettes, and barlpe wth oyle of violettes
hony of roses, and a litle cassia.

And if the vomitinge come of coldenes
of the stomake, or of colde water contey-
ned in it, adde vnto the said glister, worm-
wood, yslope, rye, and camomyl in the see-
thyng. And for oyle of violettes, take oile
of camomyl, or of lylves, and geue the pa-
ciente a pyl of mastyke before meate. And
ye shall vnderstante, that myntes brayed,
and myngled wth oyle of roses, and apa-
plied vpon the stomake, is verye good for
all vomyng.

For peyne of the
Stomake.

Ache or peine of the Stomake, commeth
sometimes of wynde, and it is called do-
loure extensiu, the whiche is holpen wth
applying thereto a sponge wette in wine
wherin hath been sodden wormewood,
rye, and camomyll.

Also ye may helpe it as hath been sayed
in the remedye of hickete or peaskynge,

F.ii. and

The Regiment.

and as shalbe sayd here after in the reme-
dy for all peynies of the stomake.

Sometimes the sayd Payne commeth
of repletion of humoures, and it is called
Dolor agrauatus. Whiche ought to be
cured by purgacion, in getyng of taffya,
newly drawen out, hierapictas, or pylls
stomaticas, or of hiera simple, takynge to
strewe before y purgacion, as is shewed in
the remedy of reibilitie of stomake. Some
tyme Payne of the stomake commeth of
cholere, or saltie steame very sharpe, and
pacient hath biter salt or salt wch great
churk, and he feleth heate and mordacio.
Wherfore it is good to drinke wch
roses, or occi saccatum simple with sodden
water and coled. In stede wherof ye maye
take endive water, succory, and purcelane
wyth one part of wormewood water, and
then take an euacuatue that purgeth cho-
ler, as is sayd in the remedies for paine of
the head conmyng of choler, or let the pa-
cien vompte, in getyng a sharpe syruppe
of lozell, wyth warme water, than put hys
fynger in hys mouth, so that he maye bo-
mite. Sicke folkes oft diseased in the St-
omake demandes nothing els, but to take
away

of Lyfe.

away the peyne, not regardyng the tyme
whyle the matter maye be purged by vo-
myng, glyster, or other laxes.

Also there chaunce the some tyme so
greate payne and sharpe, that for debilitie
of vertue, it is good to leaue the cause and
lycke to the swaging of the payne: wher-
fore it behoueth to procede in maner fo-
lowyng.

Remedye for all paynes of
the stomake.

Take Camomill, melilotte, worme-
wood, mallowes wþtþ theyr rootes
leaves of bayes, parietarype, and pe-
nyrial, of eche a handefull, lynesede a pound
fenugreke halfe a pounde, anise and fensel
sede, of eche halfe an ounce.

The sayd chynge hused and wet sod-
den in water, wette the rein sponges, and
the leoure well pressed oute, and applyed
vnto the stomake, one after an other, and
warmynge them agayne, when they bee-
gynde to coole swage all maner paynes
of the stomake. And afterwarde ye muste
annoynce the stomake wþtþ oile of vñ and
Camomill.

An other remedy.

F. iii.

Take

The Regiment.

Take an hogges bladder, and fill it of the said decoction, and lappe it in a linnen cloth, and laye it to the stomake and warme it agayne whan it is colde.

But after ye haue made diners suche applications, ye must anoint the stomake wthy the oyle afore sayed. If the peyne be remouing from place to place, it signifieth it commeth of ventosicie. Therfore lay unto it a bagge ful of meale, saltē, and cūmyng dryed together.

An other remedye.

Take a sponnefull of hote ashes, dewe them wthy good wyne, and couer them wthy a linnen clothe: that it goe rounde about the spone, and laye it to the stomake.

An other remedy.

Take a sheave of bread metelye thycke, roste it, and wete it in hote oile of camomil as hote as it commeth from the ouen, or in oyle of spike, and wrappe it in a linnen, & lay it vpon the payne.

An other remedye.

Put a great boxing glasse vpon the nayl, and let it be there one houre.

An other remedyc for payne
of the stomake.

Take

of Lyse.

Take two drammes of diacimynon, of
dianisi, of diagalanga, and drinke it wyth
a lyttle good wyne, an houre or two be-
fore meate. To drynk two ounces of mal-
uesy, with a litle of one of the sayd electu-
aryes, is very good for such peines as pro-
cede of coldnes or vencolite.

An other remedye.

Take a dramme of galingale in powder
and geue it to drinke with a litle hotelwme
and aboue al thynges for Payne of vencol-
ite, a singuler remedye is to drynke a ly-
tle Castor, with good wyne.

An other.

Likelwise to drinke two houres before
meate thre or fourre ounces of the decocti-
on of myntes, anyse sedes, cummyne, and
syne frankensence.

Also it is good to drynke an electuary
called aromaticum, whereof ye maye re-
ceyue one losenige euerye mornynge sa-
felyng.

An other speciall medicine.

Take half an ounce of iuice of myntes, &c.
drāmes of y iuice of wormwood, lignū alo-
es, & cloues, & rilo balsamū, of ech in pon-
der half a scruple al mixt together, & drōke

F. llii. warme

The Regiment.

Warne al. or. iii. houres before meate, are exceeding profitable.

The syrte Chapter, of remedies for diseases of the lyuer.

The lyuer is one of the principall members and chyse instrument of generacion of bloud, and of other members: it lieth on the ryghte syde vnder the shorte cybbes, the whiche is ordyned to digeste the meate the seconde tyme, and therof to make humoures that nourissheth all the members of mans body, by his naturall heate, conforted by heate of the hearte. But sometymes it is greped by bloud, into muche abundance, or by coleryke humours, whiche cause to great heate; or els by fleume that doth diminishe the same.

A remedy for an hote lyuer.

If the lyuer be to hote, because of to much bloud, the person hath red bryn, hasty pulse hys beynnes great & ful & he feeleth hys spattle, mouth & tonge sweter then it was wont to be, wherfore it is good to be lette bloud of y lyuer vein on y ryghte arme, to bise lentice, sozell, purselan, and hoppes in pottage, and some tymes to drynke

of Lise.

of the water of the saide herbes fassing, or
els endine water to refresh the luer.

Regiment for disease of the
luer comming of bloud.

Ythou must abstain from drinking wine
and eating of flesh, and if at meat or
drinke ye must otherwise, the wyne
ought to be warred, and the fleshe boyled
with letuce and sorell. It is better to drink
ptisan, or stale cyde, and eat broch of pea-
son, almon, milke, hulled bariye, or rosted
appels, and damaske prunes, whyles the
heate be diminished. And ye ought everye
day to prouoke the duetie of the wombe,
ther by meanes of suppositoires, or els o-
therwise.

If the luer be ouer hote with cholere,
the pacient hath his brine cler and velow
without measure, great thirst without apa-
petite, and feleth great burnyng in his bo-
dy, and commonly hath his belly bounde,
and hath his face pe low.

This disease of the luer chanceth most
in sommer, and for it ye muste take twylse
in a daye an ounce of sirupe of endine, or
violettes, with a good draughte of ptisan,
drinke it twoo or thre houres before meat,
and

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and also at night to beddewarde, and so to
continue thre or fourre daies.

In stede of the saide sirupes ye maye
take thre ounces of ptisan, or thre ounces
of water of endive, cikory and sozell med-
led together, for eche tyme. Then the sytch
day in the mornynge early, it is good to
drinke a purgacion that purgeth cholere,
which shalbe made as foloweth.

An excellente purgacion for to
auoide cholere, and maybe
geuen to menne of
all ages.

Take halfe an ounce of cassia newly
drawen, a dramme of good rubarb
infused a night in water of endive,
with a litle spikenarde, and an ounce of si-
rupe of violets, myre all the sayde thinges
with thre ounces of ptisan or whaye, and
drinke it warme, as afore is saide in the
other.

Boles for the same.

In stede of ths sayde medicine (whiche
is to costly for poore folkes) ye may make
boles of halfe an ounce of cassia and thre
drammes of electuarium de succo rosarū,
and eate them thre houres after midnight
and

of Life.

and slepe after it, but all the day ye muste
kepe the chambre, and if ye hadde rather
drinke it than eate it, mrite the saide boles
with whare or endiuie water, and dynke it
at ffe of the clocke in the morwyng, but
slepe not after it.

Other medicines laratiue.

Take halfe an ounce of diaprunis lar-
atiue, mirt with thre ounces of decoction
of frenche prunes, water of succorye, and
drinke it warme at ffe of the clocke in the
moryng, or els sixe houres afore meate.
In stede of the saide diaprunis, ye maye
take halfe an ounce of electuarium de suc-
co rosarum, and make a laxe as afore is
saide.

And it is to be noted, if the pacient be
very weake or easie to woork vpon, ye
maye take away a dramme bothe of þ dia-
prunis, and also of succo rosarum. After
the saide purgacion, it is good to refreshe
the luer with laying to without on þ righe
side, vnder the nether ribbes, a playster
of cerotū scandalinū. spred vpon a linnen
cloth of þ bignes of. iiiii. fingers, or bathe þ
said place wþ a linnen cloth wet in water of
endiue, placain & roses, warmed together.

Moze.

The Regiment.

Moreover it is good to take eurye mornynge before meat, a losage of triall and alvynge to drinke after it endynge water. iii. ounces.

Regiment for heate in the luyer.

The pacient must abstain from fleshe, and saltfishe, strong wine, garlike, onions, mustard, and such other hote meates. It is good to beseach of pease and verilice, lettice, poppy, spinage, and horage, and som tyme a litle vineger, if he be not greued in the stomake. This regimenter is good also in tyme of pestylence, and of to greate heate.

A rulep for heate of the luyer.

Rake halfe a pound of rosewater, one quarter of water of endiis, and . v. ounces of suger, make a ruleppe, of whiche ye shall drinke fastynge a good draught. And if ye wyll nedes drynke som tyme betwene meales, lette it be myngled with two partes of water of the well. And if ye will haue it more coolyng, adde vnto it two ounces of vineger, or the iuyce of a pomegranate. If the luyer be colde, for the scummatike matter that is in it, the person hath water white, and out of coloure, the face,

¶ Of Use.

Face pale, and his mouthe wartye & lyttle
bloude, and feeleth heauynesse aboue hys
Iauer.

¶ Remedy.

¶ He delghte to drinke in the morynge
earely, thys or fourtyn times a syrupe called
orimell diuenturum, with the decoction of
smalache and parfely, or with waterys of
smalache and fenel, and after he myntake
to pourge the deuine & medeine made as
foloweth. Take syre drammes of diafinicō
if the person be strong or halfe an ounce
if he be wakke, and distempert it in four
ounces of the decoction of the rootes of
smalache, parfely, fenel, and drinke it luke
warme syue or syre houres afoure meate.

¶ In syde of the sayde medeine one may
geue two drammes of agarike in frostisks
with water of smalache, or els good fe-
nel.

¶ An oþer medycine larynitie.

Take halfe an ounce of diacartham, or
halfe an oþer of diaprunis larynitie, & as
much of elaeuarium dulce with the deg-
rees of parfely water, smalache, papey, or
leekell, take it syue houres afoure meate.

¶ Regement.

The

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The pacient must drinke good wyne, C
ble ginger, cinamome, graynes of pa-
radise, anyse, and fenell, and hote herbes
in porrage, as sage, ysope, tyme, maiora,
and auoyde al rawe fruites, and also raw
herbes. Moreouer it is very good to make
a plaister of smallache, wormewood, spike-
nard in pouder, with oyle of diu mangle i[n]
and lay it vpon the luer.

Agaynst stoppyng of the

lyuer called op-

pilacion.

Oppilacion or stoppyng commeth
someytyme in the holowines of the
luer, and it is knowen by compas-
sion and Payne of the stomache, and is
healed by medicines laxative, as is decla-
red before.

And sometime the oppilacion is in the
haines of the holowe part of the luer, and
is perceived then by the griefe, which the
pacient feleth in his backe & in his reins.
And it is healed by thynges that open, as
by sirupes of the thre rootes, sirupe of bis-
cius, sirupes of maidenheere, and by dran-
king the decoction of raisins, fenel, persely,
smallache, cicorpe, or waters styld of the

same

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same herbes. Also rostes of alisandre is good for the same. &c. Sometymes y sayde appilacion cometh of grosse bloud, earthy, and Melancholyke, whiche the members sende unto the liuer, and because that such engendred bloud can haue no yssue, nor hath any way to depart to anye other members, therefore bee the beynes of the liuer stopped vp, by the grossenesse of the sayde bloud. And it is knownen by the wa-
ter, that is very hye coloured, and clere.

Remedy.

Take the pacient medicines that perce and subtile, as is wyne of pomegranades, sirupe of endive, with the decoction of ei-
cers. Then let him bloud on the liuer vaine and euery mornynge eate a losenge of tri-
alandalv. Somentime the said appilacion co-
meth of abundance of some humour vis-
couse colde and fleumatike, stoppyng the
vaines of the liuer, and then the wryne is
as clere, as clere water.

Remedy.

The paciente muste drynke euery
mornynge the syrupe of oxinell squylp-
erke, with halfe a draughte or more of
the decoction of roostes of smallache,
senel,

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senell, and persely. Sometymes unto wo-
men commeth appilacion of the liner, by
recepuyng of their purgacions. Where-
fore it is good to let them bloud on y bayn
called saphena, whiche is aboue on y hyer
spode of the insteppe. And let them take af-
ter the chaunge of the moone, seuen or
eyght mornynge an opiat called Trifera
magna, euery tyme an ounce. And after
dynke the ounces of water of mugwort,
ysole, and senell, or the decoction of these
herbes, or els the rootes appertiuue, which
be smalache, persely, senell, aleſandre and
asperage, boyled in water with the thyde
parte of odouriferous white wyne.

Medycynes for the lyuer that
maye bee easly hadde at
all tymes.

Take a good handfull of liuerworte, y
groweth vpon the stones, and an other of
tumitory, with as muche of hartes conge,
and seeth them in whap clarifys, & dynke
them euery day swyle.

The lyuer of an hare dryed and made
in pouder, is good for all diseases of the ly-
uer, as affirmeth Auncene, and other of the
Arabians.

Also

of Lyfes.

Also for heate in the lyuer seeth barberies
in whey, and dynke them.

The. vii. Chapter, agaynst

the diseases of the

gall.

Ghe gal is placed in the holownes
of the liuer, to receive the superflu-
tie of cholere, and to sende it to þ
bowels to be auoided with þgrosse
excremente, to the intente to clenise the
bloud of the sayed cholere.

To the which there cometh oftentimes
applications in the parties aboue by the
liuer, or better in it selfe, next the bowels
causing great paine, by reason whereof, þ
choler turneth againe vnto the liuer, and
there is mingled with the bloud, & spreade
abrode into all the veines of the body, and
bredeþ a disease named iaudis (ictericia
in latin) wherof be thre kyndes, that is to
say, yelowe iaudis that procedeth of cho-
ler, called citrine or yelowe, greene iau-
dis, which procedeth of greene choler, and
black iaudis that, procedeth of black cho-
ler, which is called melancholy, and com-
monlye commethe of the oppilacion of the
spleene.

G.l. Remedy

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Remedy for Iaundis.

If the iaundis happē in an ague before the vii. day, the pacyent is in great danger of hys lyfe, as Hippocrates sayeth. But if it appeare in the. vi. day, beynge a day iudic- all or cretrike of the ague, or after, it is a very good sygne.

And then ye must succoune nature, in refreshyng and dygesting the cholet, with syrupe of violettes, geuen in the morning wych water of morell, or syrupe of endive wych water of cicerie.

After thys purge the Choler as is sayd in remedyes of the Lyuer. And then gene hym a losenge of Triasandall, wych Reubarbe, euerye mornynge twooures before meate, and drynke a lyttle water of endyue, and cicerie, asore the sayd Losenge.

Moreouer, it is good to bath the lyuer, as it is sayd asore, & walthe the pacyentes eyes wych byneger, and womans mylke, and drynke a P̄cisane made of barley, ly- quyryce, prunes, and the rotes of fenel. And if (when the feuer is pass) the iaundys carþeth styll, the pacyente muste drynke water of fenel, and morel, wych the syrupe

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of occisacatum composte, and it is good
to lay a quynche tenche upon the lyuer.

Taundys sometyme commeth wthout
feuer, and may be healed by thynges that
I declared here before, or thus.

An other remedy for

the taundys.

Take four ounces of radish, and gene
it the sycke to dynke syue mornginges, iij
houres before meate. In stede wtherof it is
good to dynke every mornging four ou
nces of the decoction of horehounds, made
in whyte wyne, or as much of the decoct
ion of Endodry and Barberpes, wth a li
tle Honey and Saffron;

An other remedy.

Take wormes of the earth called angle
twytches, and wash them in whyte wyne;
then dry them and dynke of them a spone
full at a tym, wth whyte wyne.

An other.

Ye maye lete hym dynke. viii. or. viii.
dayes together in the mornginges, a good
draught of þ decoccion of polytricho, or of
mayde heare. The decoccion also of wood,
bird, or þ water of it dissylled in a comon
kil, is a sonerain medecin for þ saiddisease

G.ii. An

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An other singular remedy.

Take cowes milke and whyte wyne
of ech a pynt, and distill them in a styll,
kepe that water a moneth, and then geue
it to the pacient thre oynces in the morn-
yng two houres afore meate, & likewise
after supper, when he goeth to bedde.

The eighte Chapter, for dis- eases of the splene.

The splene is a member long, softe
and spongy, beyng in the lefste side
ioyned vnto the holownesse of the
stomake, and to the thick endes of the rib-
bes, and to the backe, the whiche is ordery-
ned for to receiue the melancholy humours
and to cleane the bloud of the same, for by
that meane the bloud remayneth pure and
neate. Wherefore it is good nouryshyng
for all the members and is the cause that
maketh a bodye merye, but often tymes
there happeneth oppilation or debilitie,
wherof commeth the blacke iauadis.

And sometimes it is greater, fülter, or
grosser than it oughte to be, by ouermuch
melancholye that is not naturall, caused
of

of Lyfe.

of the dregges of the bloud engendred in the liuer, and doo the hynder generacyon of good bloud where throughte the mem bers become dry for defaute of good nor shynge. And therfore the pacyent is called splenetyke, whiche ye maye know by that that after meate, they haue paine in their leste syde, and are alwayes heauye, and hath their faces somewhat enclynynge unto blaknes.

Remedye.

In opilations and apostemes of the splene, whether it be of hote humours or of colde, he oughte to be let bloud on the splene bein called saluatella, which is in h leste hande, betwene the licell synger, and the nexte finger which they call medicus. And ye muste drawe out but a litle blounde.

And if the pacyente feele a burning on the leste syde, and hath a drye tonge with oute appetite, it signifieth, that suche dys ease of the splene, is caused of an hote humoure. Wherefore ye muste geue the pacyente fourre, or v. moynynges fastynge, si rupe of endiue water, and hartestronge, then a pourgacio made as foloweth thus.

G. iii. A good

The Regimen.

A goodly purgacyon to a
noyde melancholy.

STake hulse an ounce of succorosa
rum, and thre ounces of the de-
cocyon of the rootes of capparis
and hartestong and make a drinke
the whiche ye may minister in a good
day to take purgations, sixe houres afore
meate.

An other.

In stede of that drynke ye may temper
hulse an ounce of cassia, and thre drâmes
of diaseny, in thre ounces of whei, or hart-
stong water, and drynke it as is aforesaid.
After the sayd purgacyon, ye ought to an-
noynce the splene wþch oyle of vyolettes,
or oyle of lynesede, or to make a playster
of the sayd oyle and lynesede, and the rotes
of capparis, and lape vpon the splene.

Also after the sayd purgacyon, it shall
be good to lape vpon the splene: nightshad
purcelan sede, and pouder of plantayne
myrtle wþch vyneger, lyke a playster, and
if the pacient haue more appetyte then he
can dygeste, and that he haue belchinges
of the stomake, sometymes soare in the
mouþ,

of Lyfe.

mouch, it signifieth that the passion spleene-
tyke, commeth by a colde humoure melan-
colyke.

Remedy.

Ye muste dynke syrupe of stycados, or
hartestonge, or otymel diureticum with
water of the decoction of hartestonge, e-
pithme, smallache rootes, parcely rootes,
cameriscus, and myrras, or els onely with
the decoction of hartestong, and rootes of
capers. And then after purge it fro such
melancholy humor, wþth an ounce of dia-
cotholicon, and two drammes of dyasene,
dysolued in three ounces of the sayed de-
coction or water of wormwood or harte-
stong.

And after thys ye muste annoynce the
syde of the spleene, wþth oyle of lylyes, oile
of dyll, freshe butter, marye of an ore, and
hennes greace, or of a dogge medled toge-
ther, or annoynce the sayed syde with dial-
thea.

And the pacient oughe to dynke white
wynne, and the decoction of hartestonge, e-
uening & mornynge, takynge two fygges,
wþt powder of Rose, pepper or gynger,
but he maye putte no water in hys wyne.

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and oftentimes he must eate capres, with
a little oyle and vineger.

If for the oppilations of the spleene the
pacynce hath a pale colour, or leadye in
the face, and a whynnes of eyes, takinge a-
wave of appetite, payne in the lefste syde
with hardnesse, and hath his excrementes
blacke, as it is a signe of the blacke iaudis.

An experie medicine for all dis-
eases of the spleene.

Take the leaues and coddes of senye
the barks of an ashe tre scraped and
cut maidenheare, hartestong and lis-
quorice, seeth them all in clere whay
and after they be strayne, drynke of it
twise or thrise a daye till ye be amended.

Remedy for the blacke iaudise.

You must gene sirupes and purgatory-
ons, as afore is sayd, and to be lette
bloud of the veine saluatella, and af-
terward diuers tymes euening and mor-
nyng, to apply ventoles vpon the spleene
wout sacrificing. Afterwarde ye must laye
on it a lyste, wette it in good vynegar,
and keepe it there so longe as the heate
remaineth

Of lyfe.

remaineth in the saide lyfe, and warne it
thre or four times.

Afterwarde annoyn the spleene wych
dialthea; and so continue four or fyue
daies, and other four or five dayes lay v-
pon the plaister; made of two ounces of
gumme armoniake, dissolved in vngre
and spred vpon lether. And if by the fore-
saide thinges the pacient be not eased, the
doctours of phisike saye, that he must re-
ceue the medicines againe, at h[im] least once
in euery moneth, for half a vere together.

Regement for al oppilacions.

The paciente oughte to vse thynges of
easie digestion, and in smal quantitey, and
ought to abstaine from bread to litle leue-
ned, cakes, tartes, pasties, pies, hogs flesh,
biske, and poudred meates and sumyshe.
Fishe, limmons, peason, beanes, mylke,
cheese, ryse, and firmentie, al fricid meates
drinke after supper, wyne and appels,
whiche with all other lyke trouble the bo-
dye. Also ye must abstaine from much mo-
ving or exercise by and by after meat.

It is good to vse capres, asparage, hops
broth of dried peason, with parsely, or hys
rooses, small birdes of the fiede, kyddes
fleshe,

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veshe, porge motton, lambe, chickyns, fes-
tauntes, snites, partriches, scaled fyshe, of
swete runnyng water, with perselye, and
vineger. Fewe layd egges poached in wa-
ter, are very holesome, and ye may drynke
white wine or claret, onely at meales.

Also it is good to vse cresses, sage, yspole
minces, fenell, and persely, succorpe, scar-
ole, and bettes, and singularly, to take fa-
thyng, halfe a sponefull of redde coleworts
sodden, and to eate often anysse seedes, and
fenell.

The ninth chapter for diseases in the bowels.

In a person be sise guttes thre smal
which are situate ouer the nauil, and
three great, whiche are placed vnder
the nauyll.

The first is called dudetum, because it
is. xii. ynches long.

The seconde is called seiunum, for that
nothyng remayneth in it.

The thirde is called Ilis, because it is
long and smal.

The fourth which is the fift of y great
ones, is called monoculus, because it is
like a sache, and hath but one mouthe, & in
that

Of life.

that same sonretymes are wormes engendred of ventosity, that causeth payn of the belly on the ryght syde, whiche is not the very cholike.

The fift they call colon because it hath many holow places, and it procedeth from the right syde vnder the liuer, and it maketh his revolution vnto the leste syde, wherin is engendred the cholyke, which is dispersed by all the belly, more then by any other disease.

The sixt is called rectum, because it is nye vnto the left kidney, and goeth cuyn ryght downe in the foudament.

Hipocrates calleth þ thre bowels that are next the stomake Ilia, that is to say, small guts, and the payne of one of them is called Iliaca passio, a very sharpe payne. Rassis calleth it domine miserere. Likewise also colica passio, is called of the gutte colo, whiche ii. diseases are sisters, forasmuche as thei come oftentimes both of one cause þ is to say of the oppilacion of the bowels. Remedy for the cholike, & of Iliaca passio.

Forasmuch as those diseases are exceeding eygre, sharpe, & almoste impoztable of pain wherof mani times followeth

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foloweth defeccion of the stregh, with varietie of medicines, ye ought incontinently for to help them.

First when the said paines come by stoppyng of the belly, ye muste geue hym a glister molliscaufe, made of the decoction of malowes, violets, beetes, anise sede, and fengreke, with cassia, and common hony, and oyle olive, and afterward the herbes of the saide glister brused and fried and laide hote betwixt ii. linnen, & applyed to the belly.

And if by this meanes the Payne ceasse not, let the paciente sit vnto the buttockes in the said decoction, and after with dialthea and butter, annoynce the nayll. And if the saide glister do not worke sufficietly, make another of the same. or els geue him a suppositorie which is long yuough, made of pare hony, and sal gemme.

For the windye cholike.

Through windynes oftentymes commeth the colica passio, or ihaca, and then it appeareth that the paine is chaungeable and moving from place to place, and is knownen also by the rumblyng, which is noise in the bowels, with gripynge, & great

payn

Of lise;

payne.

Remedy.

Take mallowes, beetes, and mercury, of eche a good handfull, maioram, rue, bayes, and camomill, of eche a little handfull, anise sedes, cummin, of eche an ounce make a decoction, and take therof a pynce and a halfe, and dissolute in it an ounce of cassia, halfe an ounce of triacle, and thre ounces of oyle olive, or of camomill, and make a glister, the whiche must be gauen warm vnto the pacient, long before or after meate. In stede of the said glister, ye may geue him a pounde of oyle of linsede, whiche is a singuler thyng to take awaye all diseases of the belly. Also it is good to make a mixture with oyle of hempelede.

For to appease the payne

caused of wynde.

First make a glister of maluesaye, oyle of camomill, or dyll. If for the said glisters the payne cease not, or els the pacient wyll not take them, take a great sponge or els a felt of a hat, and sticke it in wine of the decoction of rue, camomill, maioram, anise sedes, and cummin. And afterwarde lay it vpon the payne, as hote as the paciente can suffer.

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suffer, and. iiiii. times in the daye it is good
to let hym drinke wyne, wherin hath ben
sodden rue sedes, carawais, and cummin.
Drinke at euery time a litle draught, and
eche daye kepe abstinence from eatenge &
drynkyng muche of other thynges till ye
be perfectly hole.

A suppository for the windy cholike.

STake a drammme of rue, in fyne pou-
der, and half a drammme of cummin
dryed and poudred, & with hony scu-
med, make a suppository.

A plaister for windy cholike.

Take two handfuls of rue, in fine pou-
der, myre, and cummin poudred of eche
halfe an ounce, fourre eggis volkes ; and
make two plaisters with hony, and lape on
the one at night, and the other in the mor-
ning, vpon the belly.

Water of camomil by a decoction of
same dronken, is good for them that haue
suche diseases. Also a dryed akorne in pou-
der, and greuen to drynke with white wine
is very good.

If ye know that the payn of the bellye
commeth through winde, apply vpon it a
great ventole without incision, for by that
meanes

Of lyfe.

meanes þ said pain wil surely goe away,
or diminish. If not, it sheweth that there is
some humours that causeth the sayd payn
as feunie or choler. If by fleume it cometh
ye must make a glister of a pint of the de-
coccion of camomill, rue, wormwood, ma-
joram, melilot, centaure, anise seedes, and
senell, and in the same decoccion put halfe
an ounce of hicta picra, or half an ounce of
diaphinicon, & iii. ounces of oyle of vyl, or of li-
lies. Also ye ought to geue to the pacient sl-
rupe of wormewood, and to make applica-
tion vpon his belly as hath bene sayde a-
foore, or to laye vnto it gromyll scide and
bay salt dryed together, whiche layd vpon
the belly, is lyke wyle good for the wyldye
cholyke.

If after the sayde thynges the said payn
continueth, ye must make a purgacion as fo-
loweth.

A purgacion for cholyke, com-
mynge of fleume.

Take ffeue drameis of diafinicon,
þre ounces of wormwood water
and make a drinck, the whiche re-
celued fastyng, soure or ffeue heures a day
meale, is very profitable.

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For paine of the cholike
comming of choler.

If the sayde paine commeth of cholere,
whiche is knownen when by the applica-
on of hote thynges the paine increaseth, ye
muste make a glister of violettes, or geue
hym half an ounce of succo rosarum with
pitsan, endive water, or wyne. And the next
mornynge let hym drynke a ptisane, of the
decoccion of prunes, and violet floures, &
anneint the belly with oyle of violettes, or
wete a linnen clothe in colde water, and
laye it thererupon. If it doe contynue syll,
the patient muste be set in warme water
up to the hanches, and vs the paine come
of colde, ye must annoynct his bellye wþ
oyle of bayes and goosegrece.

For the wyndye cholike.

If it be wynde, make a glister of newe
milke with a litle oyle, and the volke of an
egge, for it is very good. Also it is good to
lete hym drynke a dzamme of hierapicra
simplic, with ii. ounces of water, of carbo
benedictus, or purcelane or wormewood,
and to make a playster of leke leaues
fryed in oyle and vinegare, and layde vpon
the belly.

Lythe wyls

of Lyfe.

Lykewylle it is good to drinke the suyce
of enula campana, or the sirup therof, and
to wear a plaister vpon the belly, made of
hony, wormewod and aloes.

A glister for all colike.

Take y^e oldest cocke ye can gett, the which
must be wel beaten with smal roddes, and
then choppe of the head, and put in a good
sufficiency of water, and scalde him and
trimme him for to seeth. And within the
bealy of the saide cocke, put anise sedes, fe-
nel, comin polipody, and the sedes of car-
tamy, of echе halfe an ounce, turbith, sene,
and agarike, boode surely in linnen cloth,
of echе two drammes, floures of camomill
an handful, sieth thē vntill the fleshe go frō
the bones, and take of the said decoction a
pound, and a quartron of oile of camomill
and dill, and thre or fourre ounces of egge
yolkes, make a glister, whiche muste bee
giuen warme long before or after meate
or drinke.

Pillule cochle ar very good for the said
diseise, specially when the glister doeth not
suffise to pourge the cause of the same.
Also diamusci and diaciminum ar verre
good lectuaries, if ye take of one of them

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a lōrēge fassing, two houres before meat.
Likewise it is good to take mithridatum,
with a litle white wine, or with the deco-
ction of camomil, four or five houres after
diner, if his belly be naturally lare, or els
by some suppository or glister.

Against disease of the raines of
the backe, and the loines.

Nayn of the raines is called nephreti-
ca, passio, and cometh of some stone
or grauell, and it is mosse like vnto
the colike in cure, but in causes they be
cleane contrary: for the colike beginneth
at the lower partes on the right side, and
goeth vp to the hie partes on the lefte side
of the bely, & it lieth rather more forwarde
then backwarde: but nephretica passio be-
ginneth contrarywise aboue, descendyng
downwarde, and ever lieth more towarde
the backe.

Also nephretica is painfuller afore meal,
and the colike is euermore greuous after.
And often the colik chanceth sodeinly, but
nephretica contrary, for commonly it co-
meth by littell and litle, for euermore be-
fore one shal sele paine of the backe with
difficulrie of vynne. Item there is more dif-
ferenci

of Life.

ference for the colike sheweth brynes, as
it wer coloured, but nephretica in the be-
gining is cleare and white, like water, &
after wareth thyke, and then appeareth
in the bottome of the vessel, like redde saide
or grauell.

Remedy for peyne
of the reines.

Y & multe use thinges aperitive, to
cause you make water, but afore ye
sughe to loose the belly in takinge
an ounce of cassia, an houre before meate;
but if your belly bee hard bound, ye must
take a glister made as hereafter foloweth,
before ye take the saide cassia.

A glister for nephretica
passio.

Take of marche mallowe rootes two
ounces, mallowes, violettes, beetes, and
march mallow leanes, floures of camomil
and mellilote, of eche a handfull, mellon
seede and anise seede of eche halfe an ounce,
wheat branne an handful, & decoct it, and
take therof half a pound, and distempre in
it an ounce of cassia, and an ounce of cour-
se suger & i. ounces of oile of violets, and an
ounce of oile of lilies, make a glister.

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In stede therof ye may take cowes milke, with two egge yolks, in maner of a glister. And it is to be noted, that in such a disease the glister must be great in quantite, or els ye shulde make wrestinge and rumbling in the belly, whiche shuld be an occasion of more pain. After this operatio, if the paine be not apeased, ye muste giue an other glister, after the operation of whiche, the pacient ought to go into some bath, vp to the nauil, wherin muste be sodden mallowes, marche mallowes, beetes, pellitory, linseede, fenugreke, and floures of camomil, with melilote, al put in a bagge in the saide water, and rubbe him with it: and at his going out of the said bath, ye must take ii.ounces of sirupe of maidenheare, and radishe with iii.ounces of the decoction of liquorice. Moreouer, after the saide bath, ye must lay upon the paine, a pultes made of herbes, and floures, with oyle of almonds, being in the saide bagge, and ii.oz.iii.morningys, take v.oz.vi.ounces of the broth of cicers, sodden with liko-rice, or elles drinke water of pellitory, or cresses, or of rotes aperitive, the whiche waters ar very good for to purge the gra- uet

Of life.

uell and the stone Likewise a very good
electuary for the same, called electuariū
ducis, or iustinum, philanthropos, or lion-
tripō if one take a dram or two after ope-
ration of a glister, of cassia, or a pill of ante-
cibum, and after to drinke one of the saide
waters, or elles a little whit wine warmed.

Regiment as wel for the colike, as for
the reines of the backe.

BE must shē from all euill qualitieſ
of the airc, as winde, rain, greate
heatē, and greate colde, ſpecially to
ape him from warming the reins againſt
the fire, nor to heatē it by any other mea-
nes. Also he muſt abſtaine from greate re-
pletion at one meale, and to long abſti-
nence from meat, for all theſe fill the body
full of yll humors. Also ſleape not on the
daye, ſpecially after meate, nor lye not on
the reines when ye are aſleape.

And ye ought to eat no ſaltyshe nor no
meat, nor other groſſe meats. Likewise one
oughte for to beware of all foules bred up
in the water, ſpicery, paſtry, and bread not
veru well leuened, ſpecially tarts, cakes,

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and other pasties made of flour. But above all, ye must beware of white-meats, as milk, chele raw frutes, hard egges, and as muche as is possible, kepe your self from ire, envy, melancholy, and other like affectiōns.

For the flur of the wombe.

In all flures of the belly, cause the excrements to bee duely searched for: if the disease bee such, that the meate cometh out, cuen as it was received, or not halfe digested, the saide flur is called lienteria. If greate abundance of watery humours haue their issue belowe, the saide flur is named diarrhea, which is as muche to say as flur humorall. And if bloude or mater appeare with the excrements in the siekenes, then they calle it dissenteria, which is a great disease and a dangerous for to cure.

Remedy for the flur lienteria.

Forasmuch as this flur cometh for the moste part of greate debilitē of vertue retentive of the stomake, for the great moistnesse of the same, it is good to give the sirupe of wormwood and hony of roses, taking of it with a spone, or drinck them

Of life.

them with the water of betony, fenel, and wormwood, and if it so be the pacient doo desire to vomite, it wolde be good for him, or let him take half an ounce of hiera simple, with two ounces of water of wormewood, and if the pacient be strog ynough, adde thereto two drammes of diafinicon. And after this ye must confort the stomaks with oyle of mastike, spike, myrtle, wormewoodde, or nardine, or with a plaster called cerotum Galeni, spread vpō lether, and after laide vpon the stomake, or make a bagge of woormwood, myntes, and maiceram dried, and layl it vpon the stomacke. In the morning take a lozenge of arouracum rosatum, and a littell rinde of citron cōfit, and before euery meale, take a morrell of conserue of quynces.

Keme dy for the flire hanozall
called diarthea.

The saide flire oughte not to be restrained afore the xiii. daye, if nat ture be not verye muche enfebled. And somiteme it cometh of hot causes, as of choler, & then one ought, to gue amissum. viii. vito

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unto the patient to drinke afore his meate
sirupe of ribes, sirupe of roses, or sirupe of
quinces, verye smiches water, and in the
steede of those sirupes ye maye make a iu-
leþ thus.

A iuleþ for the flure humozall.

Take rosewater, buglosse, and plan-
taine, every one half a pound, of all
the saunders two drammes, and
with a quartron an half of suger, make a
iuleþ. In the morninge two houres afore
meat, it is good to gue the pacient old cō-
serue of roses, or a dram of trosciskes of
roses, after he hath dronke one of the saide
sirupes, or of iuleþ of roses with a litle of
smiches water, wherof the pacient ought to
drink at every time when he is a thriste.
If in the saide flurer be egre matter,
and the strength of the pacient any thinge
constā, ye may minister the lauatorie that
heraſter ensueth.

Take redde roses, barley, plantain, of eue-
ry one a handfull, sieth them, and in the
stremung adde two ounces of oile of roses
one ounce of hony of roses, and the yolke
of an egge, and gue it in the maner of a
glister. Sometyme it is expedient to take a

medicine

Of lise.

medicine by the monthe, and it is made as thus.

A medicine for the flise.

Take the rindes of mirabolan citrin baken one dramme, rubarbe a litell dried vpon a tile, halfe a dramme, sirup of quinces one ounce, water of plantain. iii. ounces, mingle all together, and let the pacient drinke them fourre houres besore meale, and thā giue him a glister retentive made as thus.

A glister for the flise.

Take oile of roses, or quinces, of mafe, of every one three ounces, bole armoz make in pouder. ii. drams, medle all together, and giue it as a glister.

An other.

Take the iuice of plantain, of poppy, of bursa pastoris, and oile of quinces, of euerie one. iii. ounces, mingle theim together, and giue it for a glister. And if the bowels be excoriat, ye shall giue this perculiar remedie. Take half one pounde of milke, the water wherin gaddes of steele haue ben quenched, the iuice of plantaine, and oile of quinces of euerye one. ii. ounces, bole armoz one drame, goates tallow one ounce

and

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and make them in a glister, but without
vpon the stomake, ye muste laye this oint-
ment that here foloweth.

An ointment for the flire.

Take oiles of roses, quinces, and mir-
tilles, of eche an ounce, oile of mastik hulse
an ounce, powder of corall, and nuttes of
cipresse, of every one a dramme, mingle al
with ware, and make an ointment. Here
is to be noted, that the glisters that are gi-
uen for to stoppe a flire, must be very litle
in quantitie.

Ye may heale the flire of dissenters with
giving thinges before declared for the flire
humorall, and take a soore youre repaste. ii.
drammes of colerue of quinces, or of mar-
melade of quinces. And he ought to drinke
water, wherin hathe bene quenched gad-
des of stile, and ye must auide diuersitie
of meates, and giue your selfe to ease, and
to quiet and sleape a great while.
And it is good to use grewel, cleyn barley,
and almid mulke, with a litle amidum, and
set beatoses vpon the belly without cut-
ting, whiche thinge is also good in all flir-
es of the body. If the said flire humorall
procedeth of steme, it shal appeare of the
excre-

of Lyse.

Verementes that are watry and flegmatiske, and than ye ought to geue. iii. oz. iiiij. mornings, sirupe of woormewood, oz of mint, after purgacion as is here folowig.

A purgacion for the flure
humorall.

Take ii. drammes of mirabolanes dried on a tile, half a scrupule of agarike in trociske, halfe an ounce of sirupe of mint, oz. ii. ounces of water of bawme, and make a pocio that shall be received. iii. oz. iiiij dates afore meate.

If ye will make a iulep, take water of minte, and of bawme, of every one halfe a pound, suger a quarterne and make a iulep, of the whiche one maye drinke euening and morning after meat every time a draughte. Every morninge it is good to take a lozenge of the electuarie that followeth.

A noble electuary for
the flure.

Take pouder of dyagalanga a drammie and a halfe, of redde corall and mallize, of euerye one a scrupule, trociskes of terra sigillata halfe a drammie, the darkes

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barkes of citrons confit, and quinces, of
every one thre drammes, suger, dissolved
in water of mintes. iii. ounces, make an
electuarie.

Oiles of wormewood, minte & of narde,
and mastike, are very holsome to annoine
withall the belly, and the stomacke, for the
said flure.

And the thinges declared of the flure
hennertia, be very good in this case, taking
euer after meat, a morsell of marmalade.
Redde wine is very good in this flure, to
drinke at meat with the water of a smich,
and likewise al spices are good for the same
purpose.

Medicines to restraine the flure, of
whatsoever cause it be.

Take the peissill of an harre, and drie
it into pouder, and drinke it. The
water of oken buddes, or the very a-
cornes dried and made in pouder, & dronke
in redde wine, is very good.

Item the mawc of a yng leuerette wi h
the juice of plantaine, is exceedinge profi-
fitable.

The tenth Chapter of diseases of
the matrice.

First

Of life.

First against superfluous flur of the mother in the whiche ye must consider whether it do com of so great quantite of bloud, & then it is good or to open the veine saphena, and abstaine from all chinges that multiplie the bloud, as egges, wine and fleshe. Or whether it come of cholere, and then ye must receiue a litle sirupe of roses pomegranates, or ribes with water of plantain. Than purge the choler that giueth such sharpnes to the bloud, by x. drammes of erisera sarracenia, with two ounces of plantain water, or the medicine of reubarbe, written in the treatise of the fure humorall.

After purgacion ye may giue euery morning a lozège of triasandaly, or a drāme of trosckes of roses, in pouder, after dynke two ounces of plātain water. And if such flur of the matrice, happe of the watrines of bloud, giue her to drink fourre or v. mornings, hony of roses with a litle water of wormwood afterward purge her w̄ a drāme and a half of agarike in trosckes, and half an ounce of erisera sarsenica, mixt w̄ water of minte, and of wormwood.

Ye maye knowe the causes of the said flur,

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flare, by anointing a threde or cloute in the saide bloud, for if it hath the colour of vermillion, it signifieth that the flare commeth of to much bloud. If it appere a litle yellowe, it signifieth that the disease commeth of the subtiltie and sharpnes of the bloud, ouercom with choler. And if it hath a colour lyke the water in whiche newe fleshe is washid, it betokeneth the bloude is muche watry.

And after ye haue purged the princi-
pall cause of the disease, you're seconde in-
tencion shalbe, by and by to staunche the
saide issue. Wherin also one thinge is to
be noted, that if nature be accustomed to
auoide any superfluities, by continual cour-
se of the said flur, it wold perhaunce be in-
conuenient for to stop it, wherfore if ye see
no iecopardie, ye may restraine the said flur
this wise.

Remedy for to stoppe the said flur.

Take trociskes of white amber, and
make them in powder, and giue a dramme
euery morning, and anon after drinke an
ounce, or ii. of water of plantaine.

In stedde of these trociskes, ye may
make

¶f life.

make a pouder of sanguis draconis, bole armen, white amber, and red corall, drinking one dramme therof, with plantaine water as is aforesaid.

An other medicine to staunche the saide fluxe.

Take two ounces of olde conserue of roses, of the seede of plantaine, two drammes, sanguinis draconis, bole armeny, of every one a dramme and an halfe, white corall and redde, and one dramme, make a confection with sirupe of mirtilles, and geue it to drinke, morning and euening two houres afore meate, at every time the quantity of a meane chesnutte.

For the same.

Appye bencosles vnder the breastes twise a daye, before dinner and supper, and vse to beare about your necke or holde alwaies in your hande, red corall, iaspis, or a stone called hematites, whiche is a singular remedy for to stop euerye kinde of bloody fluxes yf it be born, or tempred in wine and dronke, or make therof a pouder and vse of it euery morninge with a littell wyne.

For

The Regiment
For retelynning of
the flouers.

Sometimes there chanceth vnto women when they can not haue their due purgations, to fall in greuous kindes of sickenesse, for the auoidaunce wherof, it is good to helpe them and prouoke the said purgations by such thinges as open, whiche must be giuen at suche time of the moone as the said women were wont to haue the same.

And if ye see the womans bloud to be to grosse and thicke, so that she can not haue any suche purgacion, ye muste every moneth geue her the sirupe of sumetory, with the decoction of borag and buglosse, and let her bath her selfe with freshe water hoat.

And when she goeth out of the bath in to the bedde, she muste receive the forsaide sirupe and decoction of the herbe called rubea tinctorum or madder, sodden in cleare water. In steade of sirupes ye maye take the verye iuyce or decoction of the herbes.

And if the womans bloude be slimy, cold, & flegmatike, then she must drinke sirupe of sticados, & of orimel diureticke, & afterward take y pilles called feticide, & of agarik. And every

the pestilence.

And al diseasēs cōmig of cold mater. Mars
by reasoñ of his heate, brīgeth soþe feuers
pestilential, spittig of bloud, water vnder þ
midrief, & the pleuresy, þ whitch is a disease
engēred lyke an apostume of chaleryke
matter i a thick pāicle, or slime vnderneath
þ rybbes. A prouident phisicis amōg many
other thinges, ought to consider þ entryng of
the sunne into Aries, by true equacyō of the
houſes & planets, for þ. influence hath more
dominaciō thē haue al þ other influences of
þ hole þere besyde, except þ superioure cō-
junctions of þ plācta, or els soþe great eclipsa.
And this entryng of þ sunne into Aries, pas-
seth al þ entrynges of þ sunne into any other
sygne. Therfore you must confyder how þ
lord of þ. houſe in þ. sygne is disposed, for
he is lord of sicknes, þ is to saye, you must
cōfider whether he be impedit or no, & if he
be impedit, therē shalbe many sicknesseþ,
accordig to his nature i his houſe, þ is the
vi. houſe, as bieng þe þis. But in case that
Saturne be þ. Lord of the vi. houſe, & some
earthy sygne is in þ. sae houſe, thē most to
mōlie þ. sicknes of þ. þere, shalbe of lyke na-
ture, þ is, cold & dry. And wnen this þ. muste
cōfider, whether þ. lord of the vi. houſe

L.1.

hath

A treatise of

hach any aspecte in the horde of h house of
death or y horde of y house of death is hym,
thē woulb comonly the ende of those sicken-
nesses that are colde and dry shalbe death.
¶ And likewise as it is declared of the en-
tryng of the sunne into Aries, so it must be
sayd of the coniunctions of the sunne and
moone, through al the yere, marking euer
the nature of the planete beynge in the. vi.
house, if there be any; and the aspectes to
those two houses aforesayed. etc.
¶ Also he muste consider, whether thys
entryng of the sunne into Aries, or any of
the coniunctions of the luminaries, be in
the eyghte house or no, for then it shoulde be
much worse. etc.
¶ And note, that if the eclipse of the sunne
by moone, be in any of the angels of the na-
tivitye of any person, or in any of the an-
gels of the revolution of hys nativitye,
then he shall suffer sickenes accordinge to
the nature of the same angel. etc.
¶ And if the sayd eclipse be in the middest
of heauen, he shall suffer hurte in hys ho-
noure and fame: and if it be in the ascen-
dente he shalbe grieved in hys body, and so
forth of other houses, but it shalbe the woz-
ser, etc.

the pestilence.

For in case the eclipse be in the ascendent, specially if it be the eclipse of the sunne, for that is the more daungerous of the twoo, soasmuche as the effecte of the eclipses of the moone, is alwayes fynished in y space of one yeaer at the mooste, some tyme in lesse, and for the mooste parte in thre mo-
nethes. But the effecte of the eclypes of the sunne, is very long or it come to passe sometymes. xiij. yeres, as wyeneslēth Pro-
lome in his cencyloquio.

The Astrologians take the iudgemente of the yere, by the entryng of the sunne in to Aries, in the first minute, and if it then happen that al the yll planetes be in the eyghte house, whiche is the house of death they say that yere shal rysse a pestylence and dyuers other sickenesses, accordyng to the nature and condycyon of those plan-
netes.

And if the mone in the same entryng be next unto the coniunction of the sunne, as sometyme happeneth, within twoo or thre or fourre degrees, yere shalbe a death and pestylence unueral, and y shalby af-
ter that coniunction, specially at y coniunge-
of the moone and the enyil planetes
vngydal

A treatise of
to infortunes, and as the infortunes bee,
the effectes shall so appeare, be they more
or lesse.

Furthermore, ye muste consider the
greate coniunction of the ii. hier planettes
as was the coniunction of Saturne and
Jupiter, the yere of oure Lord. M. cccc-
xxv. in the last day of August, and the. v.ii.
degree of Scorpio: whiche coniunction
chaunged fro an ayrye criplicite to a wa-
try, and it was in a wavy signe, wherof
ther chaunsed very much rayne, and ther-
upon followed the excessive humectacion
or moisting of mans body, whiche by & by
turned to putrefaccion, and therupon en-
sued perillous and corrupte feuers, pesti-
lencies, and agues, specially because in the
coniunction, Saturne was exalted; in the
north abone Jupiter, which Saturne is of
yll influence.

¶ Of the thirde roote or cause of
thyg outeragounesse
syckenes.

The thirde roote or cause being in-
feriorre, is the stinche and filthye
sauoures that corrupte that ayre,
whiche

the pestilence.

which we live in: for we cannot live without drawing of the breath, and we have none other breath, but of the ayre rounde about vs, which if it be stinkig, venomous and corrupte, and we by necessite draw the same unto vs, immediatly corrupteth and infecteth the harte, and the lyuely spirites of the same, and after that inuadeth all the other members of the body to infecte the in like wyse, by reaso wherof is engendred a corrupt and venomous feuer of pestilence very contagious to all that are about the, for the venomous ayre it selfe, is not halfe so vehement to infecte, as is the conuersacion or breath of them that are infected already, and that by reason of the agreynge of the natures, whiche is the verye cause why our bodyes be infected by contagyon of men, more then any other beastes.

Of the fourth roote or cause of
the sayd disease.

Six the fourth roote is, the abuse of thynges not naturall, that is to wete of meate and drynke, of slepe and watching, of labour and ease, of fulnes and empynnes, of the passions of
L.iii. the

A treatise of

the mynde, and of the immoderate use of
lecherye, for the excesse of all these thyngs
be almosste the chyse occasyon of all such
pysseases as raigne amog vs now a daies.
For all that our meate and drynke is not
digested, turneth anone to putrifaccyon &
to euill qualties,

And to muche sleepe replenisheth the bo-
dy wþt to great abundance of humours
but ouermuch watching doeth dry vp the
natural humidities.

And as watching dooeth so doeth im-
moderate laboure, and as sleepe dooeth,
so dooeth reste and ease oute of measure,
put the body in greate distemper, and ma-
keteth it apt vnto thys sickenes, as is dayly
seen.

And whoso wyll be ruled as becometh
hym in thys case, shall never be lyghtelys
infected, and if chaunce he be, he shal eas-
ily wþt a litle helpe: ye sometyme by very
nature only, saue hymselfe and overcome
the sickenes.

Nowe seeyng that the causes of thys
sayd disease be so great as is afore rehear-
sed, it is not to be wondred, though þ thing
it selfe be very huge and daungerous, and

the pestilence.

of harde curacyon: wherefore sayeth Alycen in hys synt of metaphisikes (alibough he were no christian:) we muste with good and vertuouse lyuyngge mytigate the wrath of God, and by coneynuall prayers keepe oure selues. Yll in the name of grace.

Therefore would I counsell every chyldren man, that is in doute of thys dysplease to cure first the feuer pestylencial of hys soule, calling for that holsome water, the wel of life, wherof it is wryten. Omnes scientes venite ad aquas. &c. Which waters he onely geueth, that sayd to hys discipules. Qui biberint ex a qua quam ego dabo illi erunt in bretre eius aquae vine salientes in vitam eternam. And this done, vndoubtedly the syckenesse of the body shalbe the easier to be cured.

And for because the other soneraine remedye preseruatiue is to flye the corrupte ayre accordyng to the proverbe, Longe, ci to, carde. Flye by tyme; flye farre, & come slowely agayne.

Pec for so muche as euery manne can not, nor is of abilite so for to dooc, it is good for them to looke vppon thys lytle

L.iii. regimenter

A treatise of

regresse, whereto with the syde of al
mighue God the hys Physycyon, if the be-
ning be not to outragious, he shall fynde
how to preserue hym selfe well ymoughes
from it. And for the better knowledge and un-
derstanding of thys treatise, ye shal know
that it is deuided into ii. partes.

The first is of the maner to preserue a
man from the pestilence only by dyete, in
such chynges wythout the which, one can-
not be long alyre in health.

The seconde treateth of the cure of the
sayed disease by the way of holsome medi-
cine.

The first parte is distributed into vii. ly-
tle chapters.

The first chapter treateth of the elec-
tion of the ayre.

The secunde of meates and drynkes.

The thirde treateth of slepyng and of
wakynge.

The fourth treateth of exercys.

The fyfth of emptines and fulnes.

The syxt speakeþ of the accydentes of
the mynde.

The. vii. of medicines preparatiue.

The

the pestilence.

The second part is deuided
into sise Chapiters.

The first howe to knowe whan a man
is infected.

The seconde of the cure of the pestilence
by the way of dice.

The third, of the cure of the pestilence
by the power of medicines.

The fourth, of cure thereof by letynge
of bloude, ventoles, and purgacions.

The fift, of the cure of chesame by out-
warde applicacions.

The sixt, howe to cure the botche cal-
led a Carbuncle, or Antrax;

The firſte Chapter of the
firſte part, treatynge of
the eleccion of the
ayze.

Althoughe the diſpoſition of the
ayze colde and drye, or cle mode-
rately moyst, be muſche comuen-
table in the tyme of pestilence, yet
there muſt be moderation in chesame, as
wel as in the ſire thinges not natural her-
cōſore

A treatise of

sofore declared. For ye must haue a good respecte vnto the complexion, the age, the custome of liuyng, the region, the composition of the body, strength, sicknes, tyme, and many other thynges. For some res-
quyre an ayre more hote, than other some
doe, and lykewyse in other thynges, the
whiche I doe remitte vnto the good dys-
cretion of euery well learned man, and to
suche other as haue any knowledge of na-
turall thinges.

For the moxe suretie, it is good for the
that may, to dwel in hygh, or hilly groun-
des, hauyng in the mornynge whan the
sunne is vp, a wyndowe open toward the
east, and when the sunne goeth down an
other wyndowe open towarde the weste,
and close vp all the wyndowes on þ south,
syde, for that wynde is very yll in tyme of
pestilence.

Also it is good to rectifye the ayre whch
in the house, yf it be in sommer, by sprink-
lyng in the chamber vineger, and water
of roses: if it be winter or colde make a lu-
stre fyre of cleane woode and put in it in-
cense, murre, laurel tree, or iuniper, or cy-
pres, and in tyme temperate, myngle the
hote

the pestilence.

Hote thyriges with the colde aforesayde.

Whiche sprinklynges, and burnynges, ye may make at all tymes whan ye wyll, but specially in the mornynge, to correccie þ vapours of the nyght.

I rede in Plotino, that the Egipcyans were wont to fume their houses and their bodyes in the day with turpentine or rosin and in the night with murre casted upon the coales, and so resisteth al venimous ayres and contagious.

The first hath so great vertue agaynst the pestilence, that we reade howe Hypocrates preserued the whole countreye and citie of Athenes, by makynge of great fires in the stretes, and all about the towne by nyghts, and so delyuered them from the certayne death, that should haue comen among them. For whiche cause the citeseis of the saide towne, made unto hym an ymage all of golde, and honoured hym aliuue as if he had be a god. And it is good in hote time, to straw þ chaber ful of willow leues & other fresh boughes, which must be gathered after þ sun setting, & lay about your bed & windowes, vine leues, quices, pomegranads, grēges, limōs, citrōs & such other fruits,

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frutes, that are odoriferous, as roses, floures of nenuphar, violettes, and other lyke. And in colde tymes, take sage, laurell, minte, wormewood, nept, baume, rue, and galengale, whiche chynges ye maye some tyme carpe about with you in a clothe, to take the ayre of them.

And in tyme of heate, temper a sponge or a cloute in water of roses, and vineger. And in tyme of colde ye maye adde to it a little cinamone, and thus he that is dysposed to haue precious saudours as pomaunders, or other such, maye compose theym according to the necessitie, and as the complexion of his body shall require. Always takynge heed, that women whiche are with chylde, and they that haue the suffocation of the mother, or els catarres take no such odoure, as shall putte themselves to anye daunger, or displeasure.

In a colde tyme it is good to hold in the mouth zedoary, enula, capana, cinamome, cloues, the rynde of a citron, lignum aloes, or any one of them. But if the seaso of the pere be hote then take corianders prepared, graynes of paradise, saunders, seedes of orangea, or of limmons. And in tempe-

rate

The pestilence.

tate whether, mingle the one with þ other. But it is good in al tyme, to beare aboue you precious stones, (yf ye haue them) specially a iacinct, a rubie, a garnet, an emerald, or a saphire, whiche hath a spacyall vertue against the pestilence, and they bee the stronger, yf they be borne vpon youre naked skynne, chiefely vpon the fourthe finger of the leſt hande, for that hath great affinitie wþch the hearte aboue other members.

And as couchyng them that are contynually among the sick of this disease, they muste take hede in any wise, to kepe them from their breath, and that they doo not stande betwene them and the fire, nor retaine the odour of their sweates, brynes, vomites, and other excrementeſ of the body, nor to eate and drynke wþch them, nor in their bessels, nor to lye in their couches nor weare any of their apparell, excepſ they be well ſanned, or wychered in the cleane ayre.

It is also good to lye from all places that be corrupt, or ſinking, and to kepe þ ſtreſes & houses very ſweate & cleane. And the rulers ought ſo to provide, þ no filthye dunge,

A treaçye of

dunge, nor any dead carions, be caste into
the strees, for that shoulde sore infecte the
ayre, and bryng many men to deathe. And
duryng all the tyme of this disease, there
ought to be no hote houses vsed, but for-
bidden and locked vp, till such tyme they
ses no further daunger.

The seconde Chapter, of
eatynge and drynking.

The meats ought to be of very liche
digestion, more in sommer then in
winter, having alway an eye unto
the complexions, customes, and other
thynges aforesayd. The houre what tyme
ye shall receyue your meate, is when your
appetyse commeth vpon you, after yf yf
digestion made. Great replecion ought to
be abhorred, but a sufficient meale is very
holesome. Neither is dinner sorte of meates
alowed of any phisicke, but yf ye wyl haue
diners sortes, then beginne with them y
are the lightest to digeste, and that beste
nourysheith the body.

Your bread muste be of pure corn, kept
in good ayre, and not fustye, metelye well
salted, with sufficient leuen, and baken in
a place

the pestilence.

A place where none euyll ayre is, & it must
be of a daye or two dayes olde, or there a-
bout.

Wheate is best among al other cornes
euuen as wyne among all other licours, al
thoughe the barley bread be good for them
that mynde to kepe them leane. Meates
of euyll taste, after they be long dead, and
stynkyng fyshe in lyke maner, & the flettes
of all fyshes, and meates that haue bene
twysle sodden, thick wyne and troublous,
or otherwyse corrupt, waters of marshes,
and blacke groundes, and suche corrupte
meates and drynkes, be very perilous.
But good wyne, sauoury, and cleare, &
good meates taken, with an appetite are
cause of health, and preservacion from the
pestylence.

Amiger is a noble thyng in tyme of
pestilence, yf ye haue none other impediment
to let you to receyue it, and ye maye
correct it according to the nature of the
cause, in such wyse, as may be confortable
to the vitall spirites of the heart.

Borage and bunglosse, are verye good
preseruacuies in thys case, and so is a
litle quantitie of saffron, or enges, limons,
pomes

A treatysse of
pomegranades, citrons, prunes of damask,
and other such, in good conuenient quan-
titie, adding to them a litle suger, and cy-
namome for correction.

A nut is called the triacle of fysh, shaled
and sugred with a litle rose water: and as
sayeth Isaac, a nut and a fig drys taken a-
foure dinner, preserueth a manne from all
maner of poysons.

The thyrde Chapter, of sle-
pyng and watching.

TO muche slepe engendreth manye
humours in the body, speciallie if it
be in the day tyme, and it dulleth the
memory, and maketh a man vnlikelye and
apt to receiue the pestilence.
Therefore created almightye God the
nyght, wherein we shold rest; and the day
for to kepe vs wakynge, that we fall not in
to synne and slouth. Surely to slepe on the
daye tyme is exceedinge haifull; for when
the sunne ryseth, he openeth the poores of
the body, and bryngeth the humours and
sparces from within, to the outward par-
ties, whiche pronoketh a man to watching
and

the pestylence.

and exer cysle or workes.

And contrary wyse whē the sunne goēth down, al thynges are closed and coacted which naturally prouoketh a man to rest.

Mozeouer the stomaKE by the behemēt heate of the daye is naturally dilated and spreade abroade: so euer agaynst nyghte, by reason of the auoydaunce of the spypes it wareth somewhat feble and when the nyghte commeth, requireth to haue quiete, whereby it may acquyse more plēt of sp̄ites for the nouryshyng of it selfe.

And therefore whosoeuer waketh in the tyme of slepe, or slepe when he oughte to wake, he peruertereth and hurteþ the not onelyc hys memorþe, and all hys other vertues of the mynde, but also manye tymeþ shall engender apostemes, caterres reumes, agues, palseyes and many other greuousse and naughtye dyseases in the body.

Also ye muste take heede, that ye watch not to muche, for therof commeth drynesse of the brayne, and many other syckenesses that melancholy bredeþ.

But he that is vsed to slepe very muche and cannot abstayne in any wyse, let hym

M.i. slepe

A treatise of
Slepe in a chayre, or els sitting in a place þ
is cold, but not lying, if he loue his health.

The fourth Chapter
of exercys.

Moderate exercys or labour is ver-
y necessary to the preseruynge of
health, accordyng to every mans
age, custome, complexion, strength, & such
other, so it be done in the morynge, and at
even, before any meate, and in a place of
good aire, and not infected with corrupti-
on.

Ancenne sayeth, that he onely ought to
abstayne from laboure, that nothyng re-
gardeþ the health of hys body.

And Galene sayeth that exercys quick-
neth the vertues naturall, animall, and
dical. And Rasis telleth of a great pestilēcc
wherein there were very fewe saued, bee-
cause they lyued idelly, and would doe no
laboure.

Finally defaulte of good exercys is
ostenynges the cause that manye dye so-
daynlye, afore they seele them selues
lycke. &c.

The

the pestylence.

The fift Chapter of empty-
nes and fulnes.

It is holsome for you, every day once to procure the duety of the wombe, if ye cannot naturally, yet at the leaste wayes seke some other meanes, as by a glister or suppository, for the long wythholding of any superfluities, is in this tyme very daungerous and hurtful. And al the tyme the sayed dysease endureth, they that haue any fistules, oughte not to bee cured.

And they that haue any issues by theyr hemoroides, may not be restrayned wythout the fure be soze excesse, & they þ had the foresayed hemoroides and were cured afore, let them open them againe for feare of further daunger.

Also they that are disposed to be scabby having great iche, and such diseases of the skinne, ought to bryng the matter oute by rubbinge, and behemente clawynge with their naples.

Excesse of women, is excedyng perilous, but if ye cannot rule youre selfe take good heede, ye doore nothyng

P.ii. afores

A treatise of

afore the syrft dyggesyon, and byl nature
doech prouoke you, for euerpe suche excesse
weakeneth more the body, thē if ye shold
be let bloud. xl. tymes somuch, as wþtne-
seth Aypcenna, and is cause manny tymes
of pestilence, and of death.

The. vi. Chapter of accidentes
of the mynde.

YE muste beware of al thynges that
shold make you to be pensyue, he-
uy, thoughtful, angry or melanchol-
yke, for al such thynges are inouȝt to in-
fecte a man alone.

Passe the tyme joyfully in good thynges
honest and decent, euer man accordyngē
to hys owne heart, and the estate that god
hath called hym unto.

The. vii. Chapter, of medicines
preseruariyues.

AL they that are of good complexion
and of holome dyete, nedē not to bee
purged. For an hole body and boyde
of all humours, is not lightly taken of the
pestylence, as the other are.

But if it be a body ful of humours or a
great eater wþthout any exercys or tra-
nayle, suche oughte to let themselues bee
purged,

the pestylence.

purged, and they that haue to much quan-
tite of bloud, or if the bloud be any thyng
corrupte, they oughte to aske counsayle of
some good experie phisicions, and not to
put their trusse in any bayne bosters that
detracte other, whych in al cases and at al
tymes geue them mercurye precipitaunc
and other medycynes corosyue, whiche for
the moste parte are verymye of themselues
and vnder couloure of an other medycyne
doe dysceauie the paciente: a wonder to be
holde, howe craftelye they couer it, some-
tyme in sryupe, sometimes in suger, other
whyles in sygges, losenges, or rapsyns,
leaste it shoulde appeare (as it is in deepe)
that they geue the pacientes very quick-
slyuer.

n. 13

Some other affirme that the mercurye
is quenched, or throughly mortified, and
worketh none other wyse but by secrete
qualtie against all diseases in the body of
manne: for the excesse of elementes save
they, is clearelye corrected in precipitacio
and adustyon of the syer.

Howe commeth it to passe (if thys bee
true) that when a lytle of it is set vpon a
cole and a pece of syne golde adiomed to it

¶. iii. we

A treatise of

we maye see playnlye the very quyckesyluer, cleuing to the golde, and wyll make it
as brittle as if it hadde lyen in verye rawe
mercurie: Bea how chaunceth it þ when
it is mingled w hote creame, it wilbe crud
againe as it was afore. And to saye the
truthe, the quicke siluer rawe, is better to
be dronken, then suchc as is sublimed, for
that hath been permittid, boch of Dioscor
ides and of diuers other: but we never
reade of any good phisicion that euergaue
counsell to take the precipitate, becausse of
the coppore and other venynous ingre
dyence beeyng wyth it.

And although that for the cyme perad
uenture some escape, and feele not theyz
effeete in dede as many other dooe (that is
to saye, debilitie of the vertue radycall of
the stomake and other members principal
purginge of the good humoures and lea
uyng the euil within the body, wherof en
sueth many times death) yet they leauie a
cercaine euil qualite or impression of the
bodyes in all that doe receiue them, and so
they make worke for good phisicions, to þ
great hurte of them that haue beleued the
Sache galantes shoulde goe prouis their
pouder

the pestylence.

pouder made of quicksiluer, amone the
Turkes and Saracins, and not vpon their
euen christen, and their neigboures. But
now to our entente.

The pilles called pillule communes a-
bove other pilles preseruatiues, are allo-
wed to be of hiest operacion, by reason of a
certaine propertye that they haue within
them, as Rufus the composer of the saith,
that he never saw any man that vsed them
but he was preserued from the pestilence.

There goeth into their composition,
myrre and aloes, which haue great vertue
to kepe the body from putrefaccion and are
made thus.

Take of aloes epatyke wel washed two
drammes, mirre washed, and saffrō, of ech
a dram, make the vp with white wine, or
juice of limons, or of orenges and suger.
Some take them euery thyrde daye, the
weighe of halfe a dram, in the mornynge.
iii, pilles and every day one afore supper.
Let every man doe accordyng to his nede,
and as his body is replet w̄ humonres, but
it is good to dr̄k after the a good draughte
of wyne, tempered in a little water of ro-
ses, or of wormewood, and if they be to

¶.iii. hard,

A treatise of
harder, let them be resolved in the sirupe of
lymons, or a lytle wyne.

Some doctores ioin unto them other
spyces, after the complexion of the person
and the humoure that they nede to purge
And they washe the aloes and the myrre,
in an hote season, and for him that hath an
hote lyuer, in water of roses and of endive
but in that lette every man bee hys owne
iudge: yet I would counsayle them to stick
rather to the good experimenes that haue
been accustomed, than the fantasyes of
theyr owne imaginacions.

The Apoticaries ought to haue in store
both the two sortes, and to see that they be
sufficiently leuened, and that the forsayed
aloes be elect and pure.

They whyche haue the hemoroydes
and woulde use the forsayed pylles, lette
them adde a lytle mastyke, or the gumme
that is called bdellyum. If anye haue a
bloudye flure, or ercoruyacion of the bo-
wels, lette hym not receyue them wyth-
out a better counsel. Wommen also greate
wyth chylde, and they that are subiecte to
any flure of bloude oughte not to receyue
them.

Among

the pestilence.

Among other thinges, it is a good preseruatiue, and a thyng well experte and commended, to eate in þ mornynge, fasting one drye figge, one walnucce, and foure or ffeue leaues of rue chopped altogether, and afterwarde to dynke a draughte of good wine. But it shalbe sufficient for them that are with childe, to take the sayde thynges, leauing out the rue.

In a hote season it is good to temper þ said wine with a litle rosewater or of violettes. Some other take ffeue houres afore dinner three tymes in a wieke, the weight of halfe a crowne of mithridatum, or of fyne triacle, tempered in a litle good wine. But in tyme of heate, and for hote complexions, it is good to put in it a litle conserva roses, and to myngle them with wa-
ter of sorell, or of boorage, or of buglosse.

Mithridatum is a great medicine agaynst all kynde of venim, for we reade þ the foun-
der of it, kyng Mithridates, who dyd vse to
eate thereof, coulde never be hurte by any
kynde of poysone. The same Mithridates
beyng overcome in battayle of the Ro-
manes, woulde haue kylled himself with
the moste swiftest poysone that coulde bee

deuysed

A treasyse of

deuyseſ , but when he hadde dronken
many ſortes of ſuche , and neuer a one
wrought anye thyng to purpose , he cau-
ſed hymſelue to bee ſlayne of hys ſeru-
aues, after whiche death Pompeyus , the
graunde captayne of the hooste, founde in
his ſecrete coſfers , a certayne byll wri-
ten of his owne hande, in effect thus.

Twenty leaues of rue , two ſat ſygges
two walnuttes, and a little ſalt, whouer
eatech of this , ſhalbe ſure from all kynde
of vermin that daye.

The gaod triacle hath alſo a good ver-
ſue, but there ought to be a punyſhement
of them that doe abuse it with counterfa-
ted ſtuffe, which deceiuech many people, &
cauſeſ them to dye, that put theyr truſte
in it.

Somie other take in tyme of colde , a
cloue or two of garlyke, whiche is caſled
hauſbandmans triacle, and after drynke a
draughte of good wyne, and in hote tyme
take and eate a ſewe leaues of ſorell, and
drynke a draughte of the water thereof, di-
ſtilled, for it is excellent and good in al co-
pious, tymes and ages.

Also

the pestilence.

Also it is good to drynk euery morning
a draughte agaynste the pestilence that is
thus made.

A drynke for the
pestylence.

Take in the moneth of Iunc or at any
other conueniente tyme, our ladye thystle
burnet, scabious, getiane, sorell, of eue-
rye one a lyke muche, floures of buglos,
redde roses, herbe dragons, and madse-
lon or morsus diaboli, twyse as much as
all the other, steepe them all in whyte
wyne and rosewater, duryng one nyghte,
then sette them all in a common stillatorp
wayng in for eueri pounde of herbes, half
an ounce, of bole armonye poudred, aug-
mentyng the proportion, accordyng to
the quantite of the herbes: then styl a wa-
ter, and for every pynce of it, take the
weyghte of a crowne of saffron, halfe an
ounce of yelowe saunders finely poudred,
and putte them all in a viole with the fo-
said water stopped, and set them in the
sunne one moneth. This is a noble water
for a manne whiche hath the pestylence, to
drynke.

And he that wyll, may put a lytle suger,
and

A treatyse of

and pouder of cinamome in it, that it may
be more pleasaunce in the taste. He that can
not fynde the sayde herbe called matfelon,
or morsus diaboli, in latin, let him take the
double weight of dragons. It hath a roote
as it were halse eaten of by the myddes, &
it is so called, because the fable is, the deuil
bit ic of, for the enuye he hath to man, leste
we shoulde obtaine the great vertues of þ
same.

✓ The horne of an unicorn putte in the
drynke, whole or in pouder, hath a greate
effect against the said diseale, and agaynst
all kyndes of poysone.

Here foloweth a very good pre-
seruatiue for the common
people redy at al times
and of small coste.

Take an ounce of leaues of rue, half an
ounce of good sygges, one ounce of Jenu-
per buries, two ounces of walnnts picked,
four ounces of vineger, and a good qua-
ntite of saffron, stampe all the foresayde
thynges together, and reserve them in an
earthen cuppe, or a glasse faste stopped,
that no ayre yssue, whercof yf ye receyue
in the mornynge vpon a knyng poynce,

the

the pestilence.

the quanticie of a beane, or more, ye shall
bee sure by the grace of G D D not to bee
infected in fourre and twentye houres af-
ter.

An other pouder for
the same.

Take pure and electe hole armoniake,
not Counterfaict, but such as without gra-
uel, smoth, somewhat shynynge, and to the
eye a farre of, moste lyke a very stonye, not
to brittle, nor to hye coloured, for suche is
commonly sophisticate. Take I saye, the
sayde hole armoniake, and grynde it vnto
syue pouder, than washe it in white wine,
or in rosewater, or water of buglosse, sozel
or wormewood, or scabieus ; afterwarde
drye it, and pouder it agayne, and dooe so
syue or sile tymes, euer washynge, dryinge
and poudering the same ; and at last sette
it vpp in a cleane vstell, tyll ye neede
to vse it.

Men of hote complextion, yf they wil re-
ceyue it, muste take of it a sponefull with
vineger, or water of sozell.

And they y be of colde complexion, may
take it in a litle wine, or scabous water in
the morning. For it preserueith the bodye,
from

A treatise of
from all corruption, consumeth the super-
fluous humours, and dryueth awaye the
venim from the heart.

An other singuler remedy
preseruatiue for ryche
menne and dely-

rate of com-
plexion.

Take zedoarie, lignum aloes, agrimo-
ni, saffrō, aristologia rotunda, yf it
may be gotten, white diptany, getia,
the rind of a citron, the sede of citron, of e-
very one a scrupule, corianders, preparate,
turmentill, red saunders, red coral, red co-
ses, suory, mirabolanes, emblike of euery
one a dram, terra sigillata, two drammes,
bole armoniake thre drammes, pouder all
these, and with fyne suger, and syrupe of
acetositate citri, make a noble electuary, &
bepe it as a treasure of mans helch, in time
of pestilence.

An other souerayne and
goodly receyve boch
preseruatiue and
curatye.

STake a hennes egge, newely layde, &
make a hole in the crowne, by the
which ye shal draw out al the white

the pestilence.

therof, and leauie the yolkē within þ shell,
whiche done, fyll the same egge, with good
Englyshe saffron whole, as muche as may
bee stufed in the shell, than drye this egge
agaynste the fire, or in an ouen, whan the
bread is oute, so long tyll the shel bee ver-
sely blacke and brent, and the reste suffy-
ciently brittle, and drye, make it in pou-
der in a morter, and adde to it as muche
pouder of mustarde seede as shall weye all
the hole egge: than take this ingredience
at the apottecaryes. Ditamy, turmentille
nur domica, of eche a dramme, a pouder
euerye one of them by it selfe, then putte
them altogether, and put to it rue, pio-
ny roote, Zedoarie, camphere, and syne
cryacle, of eche equall porcion, so that
the weyght of them syue bee as muche as
all the reste, beate them in a morter by
the space of two houres, tyll all bee incor-
porated together in a lumpe, then putte it
in a glasse, and kepe it couered with a lese
of gold in a colde place, for it wil last thus
thirtye yeres, without corruption, and is
a thyng of inestimable value in thys case,
the dose of it to preserue, is but one halse
penny weight or lesse, yea the weight of one
barley

A treatise of
barly corn, hath in it a maruelous strenght
in defendyng the body.

But if one were infected already, than
he must receive afore lettyng bloud, twoo
or thre grains after his bledyng geue him
in the name of god, an hole scrupule, or twoo
or three (yf his strength wil serue) tempe-
red with wyne, for a hote takyng, and in
great colde with a lytle aqua vite, & there-
vpon sweate.

I haue knownen whan the sick hath ben
bitterly desperat, and could retain nothing
yet by the grace of God, through hym
of two scruples hereof, myxt wylch a lyttle
aqua vite, bothe the vomyng immediately
ceased, and nature recovered, and escaped
the daunger of death.

As concernyng sweete waters to
sprinkle vpon your clothes & things
of pleasaunte odoure, to bee caste v-
pon the coles whan ye arysse on mornings
and also the makynge of good and holesom
pomaunders, to smell vpon in tyme of pe-
stilence, for the contentacion of thē that are
desirous. I shal here reherse one or ii. of e-
ueri sorte, to ȳ intēc ye mai (whē ye be dispo-
sed)

the pestilence.

sed) either use them, or devise other of the
ame making: as it shal be requisite accord-
ding to necessitie.

First a swete water that is
made thus.

Take water of roses, violettes, or ne-
nuphar, or one of them, or of al toge-
ther one pounde, good vineger two
ounces, maluesie, muscadine, or other ple-
saunt wine, thre ounces, of both the laun-
ders, of eche one dramme, and an halfe, cā-
phore, one scrupule, and if ye haue any gal-
lia muscata, adde thereto halfe a dramme,
mingle them together, and sprinkle upon
your clothes, when ye be disposed.

The right excellente, and famous doctourre
Johānes Manardus also, in the third epi-
tyle of his fift boke, doeth shewe, howe to
make in tyme of pestilence, two soueraigne
perfumes, the one soz to serue in sommer
whiche is made thus.

A Fumigacion for Somer.

Take redde ambre ii. pasces the lea-
nes of myrt, floures of nenuphar,
roses, violets, saffron, maces, and
yellowe launders, of either of the one part,
P. i. cāphore,

A treatise of
camphore, ambre, beniamin, halfe a part,
muske, the tenth of one parte, mingle al-
together, this is a plesaunt and comforta-
ble sauour in the time of Somer.

But in winter season ye may
use this.

Take storax calamita, yreos, mastike
of eche two partes, cloues, maces,
nutmiges, cinamome, saffrō, of eche
one parte, aumbre the fift of one parte,
muske the tenth of one part, mingle alto-
gether and make a sumigation.

And of these pouders ye may make litle
balles or pomaunders, to beare about with
you at all times, but the laste receipts must
be well incorporate with a litle storax li-
quida, and lapdanum, and the other with
lapdanū, gāme, dragagāc, and rose water.

An other goodly pomaunder for
gentlewemen and ladies.

Take the rind of an orange, cloues
lignum aloes, of eche one dramme,
calamus aromaticus, half a dramme,
alista muscata, one dramme, roses, nutri-
ges, of every one halfe a dramme nutmigge,
cinamome, beniamin, of every one a scrup-
ple, make it vp in a morter, with storax li-
quida,

the pestilence.

quida, with sufficient waxe, and maluesey, adding in the ende, of caphore, half a scruple or more. And in the tyme of pestilence, ye ought to kepe the house every daye till the sonne be vp, and if it chanceth that ye go among a great multitude of people, where is any daunger to be feared, ye may chew a little zedoary in your mouth, ones in an houre or twoo, but hold it not continually for hurcinge of the gummes. zedoariss (as saith Auctene in his booke de viribus cor-
dis) conforteth the herte, and engendreth good bloud, it is holsome for the stomake (as affirmeth Plinie) maketh good digestion, and prouoketh appete.

Constantine in his boooke of degrees saith, it hath a great power against venime, and the stinkinge of the mouth, it breaketh winde, and cureth the bictinges of venomous beastes and serpentes.

Wher the sunne shineth in a cleare day, ye may walke in gardenes, medolwes, hilles and byrlers, but beware of lakes, standing podles, and fennes; for ofteny-
mes the effection of the aire, ariseth of the corrupte vapours, boiling out of such vn-
holsome places.

A treatise of
The seconde part, of the cure of one that
is infected with the pestilence al ready.

Howe to know a man that is infected,
the first Chapter.

Esайд in the beginninge, howe the
Pestilence was engendred of the cor-
rupt and naughty aire, turninge all
the humours of the body quickly to cor-
ruption and to venime. Wherefore we must
take heede by times, lest the vital membris
be infected of the saide poison, for it euer
seketh to the herte, and if it come unto the
herte afore the medicine, then is there no
recovery, for not one among an hundred
lyveth. For the saide venyme is so swifte, so
feare, and so boistous of it selfe, that it
will not (without greate difficulte) be put
out of possession, but druyeth away the me-
dicine from the herte againe.

But if the medicine come unto the herte
aflore the venim hath the upper hand, then
he druyeth it out, by the helpe of the vertue
expulsion, of the spirituall membris, and
that expulsion commonly is by swete.
And for because sometimes a man is poi-
ned, and can not tel hym self, nor none that

the pestilence.

is about hym, wherof many daungers doth arise, for as the proverbe is, one scabbye shepe infecteth a hole flocke, therefore it shalbe necessary that every man take heed unto hym selfe, and considre all the signes and tokenes that shalbe said hereafter: for the more care that he hath about that, the sooner shall he escape out of the daunger.

And if a man feleth hym selfe infecte, as houe all thing let hym remembre god, for it is a sickenesse that in a twinkling of an eye may bring a man to death.

First let hym looke whether in his arme holes, stanke, or vnder his necke there be any aposteme or swelling, or whether in any other partes of his body there appere any grene, blacke, or euil colored sore, for that is the signe that never faileth, but the person certainly is infected. Notwithstanding every man infected with that pestilence hath not such vlers, botches or sores wherefore ye must take heed of the other signes hereafter, that ye be not deceived for lacke of the said apostemes.

But what is the cause that suche apostemes sometimes doth appere, and sometimes doth not: no doubt, but because that

A treatise of

Whē the venim is so bchenement and so furious, and hath gotten holde in the body of man, nature by reason of the swiftenesse of the infection, is so troubled, letted, and entangled, that she can not tel whiche waye to succoure, and so can drive out none apothecaries, & that is more perillous, thē if ther wer many sores. But again, whē ȳ venim is but me aneli furious, & the nature of the paciet strdg ȳnough by reason of good humours, thē it defendeth it self and driueth the venim fro the heart & principall membris, to such places as it may be best auoided at, which breaketh forth by compulsion in botches, carbuncles and other sores.

The seconde signe is, yf ye feele a greate pricking and shoing in your body, & specially in any of the thre clensing places, that is to say the necke the arme holes and the flardes.

The third signe is when ye feele an outragious heate within you, as if ye were in the fire. Which heate somtyme spreadeth it self abynce through al the hole body, and otherwile there ariseth suche a calde, that it maketh a man to shake as if he were in a feuer.

Wherin

the pestilence.

Wher in al ye that be infected, must take
hede: for some there be that in the begining
fele not such a feruer heat outwardly, but
it is within as great as if they burned, wh
much heuynesse of the heade, drynes of the
mouth, & extreme thriste: Wherby many
one are compelled for to slepe, euен for ver
rie labour of the spirites, and some other
watch, & are so out of quiete y a man woulde
thinke they were fallen in to a phrenesie.

The iii. signe is, if great vapours and
fumes arise out of the body, when a man
is in a bath, and woulde faine sweate, but
he can not.

The fift signe is if the pacient can not
draw his breath easely, for many one is
so straunge winded, that he can not speake, y
when he breatheth it is with great laboure
and difficultie.

The sixt signe is vehement paine of the
head, such as is wont to be in a frenesie.
But there be som for al that y in the be
gynning of the iij. section, fele nothing so great
paine as we haue spoken of in the head.
Notwithstanding this is a generall rule, y
the pestilence can not be in the body, with
out some paine, or heuynesse in the head.

A treacle of

The. vii. signe is great desire to slepe from
the whiche many one can not abstain him
slepe in any wise, nor can not be kept wa-
king of them that are about him.

The. viii. signe is chaunging of the sight,
for sometimes there cometh to the pacien-
tess eies, as it were a yelowe colour, someti-
mes all that he beholdeþ he thinketh it to
be grene.

The. ix. signe is petre of the mouthe, or an
unnaturall tast, bitter, soure, or stinkyng.
The tenth signe is often vomiting, bit-
ter, and of divers colours.

The. xi. is heuinesse and dulnes of all the
hole body, and swoyning, and weakenesse
of the limmes. These bee the principal si-
gnes and tokenes wherby ye may percei-
ue when any man is infected.

Forwthstanding all these signes are not
ever manifest, for sometimes it is seine, that
one hath had the pestilence, and felt nothig
at all, yea and sometimes the vñe will be
as faire and as good to sighte, as in a hole
man, because the humours com not at the
liner, and the feuer will be small or none,
for that the venime is not in a hote hu-
moure, and so drineth out no heate, & yet

tho

the Pestilence:

the pacient by and by dieth.

Sometimes also he shall chinke him selfe hole, because that nature in the first brunt droue the venome from the herte, and yet anon after his hise passeth fro him for that nature was not strong yngough at the next assaulte either by reason it was vexed and weried in the firste, or els the venime peraduenture multiplied or chaunged into more malignite or nerer to the heart than it was afore. Every one in the beginning seme lightly to be better, for then the strenght of nature is gathered altogether to stand against his enemy, but it is not so in other euil sickneses. The pacient also manie times chinketh hi self strog yngough because the venime worketh not so cruelly vpon the other membris as it doth vpon the herte.

Wherfore in time of pestilence, when ye sele your self in any thing diseased, drue not forth the tyme in lokking, when the srgnes asorsaid shuld appeare, nor stand not in examining or doubting whether ye be infected or no, for ye may be sure, that so long as this disease reigneþ in the countrey where ye are, ye shall haue fewe sickneses,

A treatise of pesti-

lences, bat either is pestilence alreadp, or
els wil be withi a while: and so. giue your
selfe to the cure of the pestilence, for while
the nougite influence of that infectio du-
reth, all superfluous humours may light-
ly be infected, and that is the onely cause,
why in time of pestilence, there is so swre
of other infirmities. For as soone as many
sore of other sickenesse do arise, the pe-
stilence abateth and is gone.

And here is to be noted, that whatsoeuer
child in the time of pestilence, be vexed w
the wormes, ye may safely affirme that he
is infected, for it is a matter so disposed to
the pestilence, euuen as is brimstone, to be
kindled of the fire. This haue many phisi-
cions not considered, and because of that,
haue bene deceipted in their cure.
Here I haue declined by occasiō, but now
to our intent.

Whē one or two, or more of these signes
aforesaid are knownen to be in a bodye, let
him not despise them, nor put any foolish
trust in the strengthe of his complexion, as
many one haue done & by & by died, nor let
no man trust y colour of his brine, or mo-
ving of the pulse, for sometimes the strenght

the pestilence.

is so excesse in the venime, that a man is
deade a fore the naturall vertues are able
for to succour him, or to drue away the ve-
nime from the herte. And herein haue ma-
ny wise phisicions also bene deceiued, and
haue euil iudged of the pacientes honeste.

Therefore by and by without delaye, ye
muste administer some good and holosome
medicine, as shalbe said hereafter, or elles
the stilled water that we speake of in the
former Chapter, or some other valiaunt
medicine against the pestilence, that it
maye descends vnto the hert afore the ve-
nime haue the vpper hande of nature.

For if it be once settled at the herte, I
affirme plainly, there is no hope at all.
Yet there be some fooles, that tarye till the
twelthe houre, or the fourre and twentie,
after the infection, and they boast them
selues that they will heale the pacient, but
that is a manifest and a shamesul errour,
for if any by chaunce is so recouered, it com-
meth of God and not of any medicin, for
where as one so escapeith, an hundred other
perishe.

Notwithstanding if the case so be that
ye be not called, or can gette no remedie
afore

A treatise of

afors the saide tyme, caste not your selfe in
dispaire, or put not the patient in discou-
fort, take or giue your medicine in the na-
me of God, and if ye can not broke it, take
as much again and do so many times til ye
may retaine it, then lay ye downe to sweat,
and lift vp your herte to God, calling vpō
him, without whom there is no helth, and
by y grace of Iesu, ye neede not to be feare-
ful of death, for that that is impossible to
man, is easly ynnough with God, yea many
times nature worketh it selfe, aboue al na-
turall expectacion. But I counsell at the
first beginning to receive the medicines,
when any of the foresaid signes appeareth
or when ye fele your selfe diseased: for the
venime perceyveth soner to the herte of the
cholerike, then either of the sanguine
or the melancholike, althoough the sanguini-
nes are apter to infection, then the other
are, chesely if the sickenesse be in sommer.

They that are of melancholy be not light-
ly taken, but in case they be, then the cure
is very dangerous and hard.

Therefore I saie, take heed at the begin-
ning as the prouerbe is.

Principis obsta, sero medicina parat.

Cum

the Pestilence.

Cum mala per longas inualuere moras.

Take the medicine quickly, and let thy self bloud, and remember God the phisicid of thy soule, and withoute doubt thou shal wel ynough recover.

Nowe we haue declared the signes by whiche ye may easely knowe whan a person is infected, and we saide it was conuenient to take the medicine as soone as any of them appeareth, withoute any lōger tarynge, afore the venime commeth to the he arte, here we will enfourme you, howe ye shall perceue whether the saide venime be settled in the hearte or no.

Take a dramme of bold armeny made in pouder, accordig to the doctrine of the last chapter in the first part, and if ye can not get it, take some other excellent medicine against the pestilence, namely one of the receices that shall be saide hereafter, and geue it to the pacient, but there can nothig be better, then the soresaid pouder if he haue it at hande.

Take I saye therof one dramme, and an ounce of whit wine, and odoriferous, with two ouces of water of roses, mingle them and geue them to the pacient.

The

A treatise of

The blacke receite declared in the Chapter of preseruatiues, maye be well vsed in Nede of the bole.

And if he nicle retaine the drinke within his stomake, it is a good signe that the venim was not at the herte afore he toke the medicine; and therefore he maye be let bloud well inough.

But if the pacient can not broke the said drinke, but caste it vp and vomite, then ye may be sure, that the venime hath bene at the herte afore the medicine.

Wherfore by and by wash his mouth with wine, or with water of scabious, or sorell, or of roses, and it ought to be veri wel min-
dified and cleansed.

Then gene him an other dose of the said drinke, and heate a crust of bread, and hold it to his nose, that he maye the better kepe the so said porcion.

And if the seconde time he caste it vp a-
gaine, and is not able to retaine it, washe
his mouth as is saide before, and geuo it
him the thrid time, with a litle vinteger, y
it may perse the better, and so six or seuen
times, if he do not holde it, gene it him a
gaine, and then whether he retaine it, or
retainech

the pestilence;

retairneth it not, by and by ye ought to let
hem bloude; to let hem bloude.

But in case the pacient were infected,
xxiii. houres afore ye geue the drinke ne-
uer let hi bloud, for that can nothing helpe
hem, but rather make hem feble, but admi-
nister a medicin ordeneid for the pestile-
ce, as is saide a fore, or suche as shalbe spo-
ken of hereafter, and that done, prouoke
hem to sweate.

Nowe to our purpose as concernynge
dyet, necessary knowleunce therof is
concernynge to the infestation.

The second Chapter, of the cure of
the pestilence, by the waye of diet.

First as lone as euer the pacient be-
leth hiselv infected, it is very good
to auoide the corruptaire, by chau-
ging into some other place: or els if he can
not so, let him rectifie theaire of his owen
house, or of his chamber, with water of ro-
ses and vineger, or els with fumigacions
as is spokē of before, according to the qua-
lity of the time, and the complexion of his
owne body.

Moreouer it is good for him to shiften
his bedde out of one chamber into another
and

A treatise of
and from that to the first againe the were
dawe, cuer rectifying the aire of them both
as is aforesaid.

And as touching meat and drinke, he ought
not to abstain, or yet to take any superflui-
ties, for to eate good meates measurably
(thoughe it be against his stomake) yet in
this disease it shall do hym muche good:
Let hym eate the broth of chickens, capons,
or colyses of rabbettes, & such like mea-
tes, with a little sozel-sauce, or vineger, and
rosewater, or wine of pomegranades, (if
they may be gotten) or wine of barberies,
and such like other.

If ye wil haue other kynde of sauces or
a pouder to strokwe vpon youre meate, ye
may make it after this sort.

Take graine s of paradise, whit diptanle,
of ecche an ouce, fine pouder of cinamone,
and cloues, of ecche halfe an ounce, make
them all in pouder and mngle it with su-
ger. In this disease ye maye eate no quea-
sie meates, as eles, gese, duckes, and othe
suche as be euill.

I call them euill meates, whiche (accor-
ding vnto Galene De differentiis februm)
are either euill of their owne nature, or
els

the pestilence.

els if they be naturally good, yet by reason of some putrefaction, or as much or moze vnholsome, as the oþer are, partely so, because of long keping, vnicene and naughtye dressyng, or when they be layed vp in a sylthy or stynkyng place, and partly by soe yl infectyon, when they were alyue: for he that vsed suche kynde of meates, is ofte tymes accoumbred wþt many naughtye syckenesses, as corrupte and pestylenciall feuers, scabbes pustles, lepries, and other euill infirmities.

All fysh in thys case are to be avoided. Brothe or gruel, made wþt borage, buglosse, endyue, succore, sozell, purclane, & other lyke herbes, wþt a litle saffron, and cleane wheate floure, or the crummes of breade in a brothe of chyckyns, or wþt oure a brothe, maye be well admistred.

Potched egges also wþt sozell sauce & cynamone, vineger and rose water, are maruelous good in thys case.

And if the heate bee verye behemente, as well after meate, as afore, he may well drynke a draughte of sodden water wþt syuce of orenge, lymons, cytrons, or of sowre apples, well myngled toghether, to
O. i. quenche

A treatise of

quenche the venomous fumes that myght
ryse vp to the brayne. And if the paciente
be young, and strong, hauyng a good sto-
make, hole wynded, hoate of compleynynge
and in tyme of heate, not subiect to the co-
lyke, nor to none hydropsychye, or apostumes
in the bowelles, he maye drynke a good
draughte or two of cleare and cold water
comming out of a rocke, or of a runnyng
water, or of a fayre spryng.

For when nothyng els can mitigate
the thirst, yet wil cleare water by litle and
litle, dnumishe al the heate. But ye muste
beware ye take no great exesse.

A prisane wþt suger of roses, is verye
good to drynke betwene meales.

The pacient ought not soz to slepe du-
ring the firſt. xiiii. houres, and in the tyme
that he receiuet hys medecynes.

Afterwarde he may slepe a litle ac once
to comfort the weakenes of the spirites, &
he ought enery day to goe to siege once.

And aboue al other thinges let him not
dyspayre, but bidde hym be of good cosoris
and doubt not of hys health, so he take no
thought, but as muche as is possible, make
hym to reioyce as wel by communycacion

the pestilence.

as by musyke, and bryngynge in unto him
good and hollom herbes, fruices, boughes
and other thynges of comforde, but yet not
wythstandinge see that he remember god,
and not forget hys owne consciencie, for
in thys syckenese the worse is euer to bee
feared.

The thirde Chapter, of the curse
of pestilence by the way
of medicinē.

AS sone as euer ye sele your selfe in-
fecte, take of the powder of hole ar-
moniake, in maner and fourme a-
fore declared, or of the blacke receyfe, the
weyght of halfe a crowne, more or lesse, ac-
cording to the vertue of the pacyent, min-
gled wyth the water of roses, and a lyttle
vineger, as is sayd afoore, and drynke it al
at one draughte,

And if ye cannot get the forsayed pou-
der, or peraduenture ye wyll abhorre to
take it, then drynke a lytele porcyon of
the receyfe folowynge, whiche is verye
excellente.

D. 11. A re-

A treatise of
A receypte agaynste the pe-
styience.

Take the rote of turmentyle dryed
in the shadowe, of saffron, and of
mustarde sede as muche of one ass
of an other, make of thē a pouder,
and incorporate it wyth the thyrde part
of mithridatum, or of syne tryacle, wyth a
lytle strong byneger, in maner of an opia-
te, kepe it in an earthen bessell close, and in
tyme of neede vse it. The weyght of it at
once, is from halfe a dramme upwarde.
Thys receypte worketh moze vpon the be-
nym then it doth vpon the feuer. And eue-
ry day folowyng it is good to take a lytle
syrupe of lymons, wyth water of sorell, or
of matfalon, or of our lady thysle.

And he that hath none of the sayed sy-
rupes, let hym vse the waters of the same
herbes, or the good water that I haue dis-
cribed in the chapter of medycines preser-
uatvues.

Anicenne saith, that whosoeuer taketh
an onyon and drynketh it in mylk fasting
in a mornynge, he shalbe safe that daye fro
all infectyons of the pestyience. Therfore
some

the pestilence.

Some are wonte to rosse two or three onyons, and to eate them wþþ bvneger and browne breade nerte theyr hearee afore they enter into any suspecte ayre. And haue founde health in theyr so doyng.

Johannes Manardus, a man of hye knowledge in the arte of medycyne and of greate auchtoritie amonges all learned men, describeth in hys boke of Epistles, a very good receit, as wel preservative as curatyue deuysed by hymselfe for lacke of good triacle, and is of meruelous operacyon, as well in thys dysease, as in healyng all maner venymous wouides, both of adders, snakes and other kynde of serpentes. The receite of this noble medycyne is thys.

Manardus medycyne for
the pestylence.

Take the dryed bloud of a drake, & of a ducke, of a gose, and of a byd, rue, fenell sede, the sede of cumin, vesse, and of wylde nepes, or garden nepes or rapes, of euery one threë drammes, the
D.iii. roote

A treatise of
rote of gentiane, trifole, squinantum, frā-
kenseice, roses dryed, of ech. iii. drammes
White pepper and long, cost, valeryan, as-
nyse, cinamome of ech. ii. drammes, mirre-
narde, of ech. vi. drammes, beniamin, assa-
rum, gumme armomake, of eche thre drā-
mes, aloes, agaryke, of ech two drammes
carpobalsami. xx. graynes, ireos, saffron,
reubarbe, and reupontyke, gynger, mas-
tryke, of eche one drame, stycados, fyue
drammes.

Make a fyne pouder of these, and with
fourtynes asmuch of claryfyed honye,
myngle al together, and kepe it in a syluer
vessell or a glasse stopped, for it is an hys-
treasure, in such a case. The dose of it is
two drammes in wyne or water of sozel.

Here foloweth an electuary of
a wonderful vertue, in the
time of pestilence.

Thys electuary is of so great vertue,
in them that doe receive it once in. xxiiii.
houres, that they may be sure from al enil
infections of corrupte ayres and contagi-
ous, all the day after.

But

the pestilence.

But in them that are infeste already, and are taken wyth the pestylence, if they drynke of it but one sponefull, as shall bee sayed hereafter, (specially after lettynge bloude, if it be conueryente to the pacient) and laye hym downe and sweate vpon the same, if the venim hath not vterly overcome the hearte, he shall vndoubtedly recover.

It hath beene lately proved that, after drynkyng of the same medycyne whan the paciente made hys water in an vynall the glasse hath burste in pieces, by reason of the venym that it purged oute.

Thys is the makynge of the
sayed electuary.

Take cinamome elect, one ounce, terra sigillata. vi. drammes, fine mirre. iii. drammes, vnicornes horne. i. dram the sede and rinde of citron, rotes of dipiany, burnet, turmencille, sedoary, red coral, ana, drāmes. ii. yelow saunders. iii. scrupules, red saunders. ii. scrupules, white bean and red floures of marygoldes, ana, one drāmme, iuerye, raced, scabyouse, beronici tunicle, scede of hasile, the bone of a stagges heare
D.iii. saffron,

A treatise of

saffron, ana. ii. scruples, make a fyne pou-
der, & adde vnto it of bole armoniake pre-
parate two onnces, whyte suger three
pounde, and wyth a syrupe of acetositate
cetri, make a goodly electuarye, and keepe
it in a glasse.

If the pestilence commeth with greate
excesse of heate, dynke it vpon rosewater
and wyneger, but if ye fele it colde take in
it a draught of wyne, and couer you wyth
cotes, so that ye maye sweate as long as
is possyble, for wythout doute, it is a pre-
sente remedy as I my selfe haue oftency-
mes proued.

An other deuine medecine,
in a liquide-
fourme.

Take rue, wormwood and bawme the
herbe, of ech a lyke porcyon, of relido-
ny, both herbe and rote as muche as all the
other, so that ye haue of them. iii. a good
bygge handefull, washe the rote of celydo-
ny, very cleane and purely, in wine or in
faire clere water, thā put the al into a new
pot of earth neled win, and poure vpon þ
herbes, halse a pounde of the moste stron-

the pestilence.

gest vineger ye can get, couer them susse,
and lute the mouth of the potte, wylth luto
sapientie, which is made of wheat floure,
and the white of an egge, that no breathe
may issue, and so eth it eighte or nyne hou-
res, with a soft fyre, than let it coole by ly-
tle and lytle, and after strayne the herbe,
and set the licour in the sonne to receyfe.

Whan a perso is infected with the pe-
stilence: First as I sayde afore, lette hym
blede in a due bayn, thā geue hym a spone-
full of this licour, with as much as a nutte
of triacle if so be ye haue any, luke warme
by and by let a cruste of bread all hote, bee
dypped in byneger, and holden to hys
mouthe, that he may the better brooke the
medicine.

And if he chaunce to vomite, incontinent
washe his mouthe wylth wyne, and cause
hym to receyue againe an other sponeful,
and so if nedē be, five or sixe tymes tyll ye
see that he receive it, which is a very good
signe, if he so do.

After this set him in a warme bed coue-
red, that he may sweate out the residue of
the venime, and by the grace of god, he
shall escape the daunger.

This

A treatise of

This is a medicine of infinite vertue. But
if the pacient haue a great heate, geue hym
no triacle, or els very litle.

The fourth chapter of the
cure of pestilence, by let-
tyng of bloud, ven-
toles, and pur-
gacions.

ALthough phlebotomy or lettyng of
bloude, be one of the chiese thynges
that are required to the cure of the
pestilence, yet for lacke of vnderstandingyng
and lettyng bloud otherwyse than beho-
ueth, many one is cast away: and therfore
every good man barbour ought for to take
hede, that he hurt not them, whiche come
vnto hym for helpe (for that were a greate
shame) which he shall never doe, if he pon-
der wel the thynges that shalbe sayd here-
after.

This is a generall
rule.

IN the tyme of pestilence whan a bo-
dy is infect, ye may not haue respect
either to the signe, the day or the houre
but whether the moone be there or not, or
what aspects so euer bee in the planets let
him

the pestilence.

him blede forthwith in the name of God. Young men and sanguine, and they that haue aboundinge of fleshe, and of bloude mingled with other humours, oughte to blede somewhat more in quantitie, but alwaies kepe a moderacion, that ye take not out to great a quantitie at once.

It is better to lette him bloud twise leaving the wounde of the firste stroke open, and annoiint it with a little oyle, and after foure or five houres, let hym blede in the same wounde agayne, but withoute stynkyng if it be possible.

But alwaies geue an eye to the strengthe of the pacient, that it be not enfebled: and agayne beware, that ye haue taken away the rankest, and þ strongest venim, wherin if ye be doubtful, take þ counsel of some good expert phisicion.

Also ye must note, that ye maye not let bloude to anye chyldren within the age of xiiii. yere, nor to olde men aboue fifty yere olde, nor to women great with childe, spe- cially neare vnto their time, nor when their due purgacions is vpon them, nor to þe that are newly brought to bed, or within a weke or. ii. after she is purifed generalli to

A treatise of
none whiche is weake and feble in his bo-
dye.

Ye shall also note, that there are som
olde menne of better strengthe and com-
plexion, than many younge are of, and a-
gayne, diuers younge children of ienne or
twelue yeares olde, are of hygher courage
and of as good strengthe, as they that are
many yeres elder. In suche cases, a litle e-
uentacion of the infected bloude, maye bee
the sauing of their lyues, so that al thinges
be done with good discrecion.

It is wisdom also to let them bloude ly-
ing vpon their backes, whome ye thynde
would faint in standyng or in sittynge.

And if the case do require the letting of
bloude, and the paciente bee not hable to
beare it for anye of the causes afore reher-
sed, it is good to applye ventoses, in ma-
ner and fourme as I shall declare hereaf-
ter.

And here we should say somwhat of the
greate errore that many doe commit in
takynge one vein for another, for by such
errours is the venim drawen mani times
vnto the heart, and so procureth death vnto
the pacient.

Wherfore

the pestilence.

Wherfore that ye may not be deceyued
euer in the pestylence, let hym bloude on
that syde that the soze is on, and not on
the contrary syde, in any wyse, for that
should drawe the venime ouerthwart the
members spirituall, and so destroye the
manne.

But or euer ye let him bloud, it is good
to gene some good and holesome medicine
against the venim, such as is declared in þ
chapters herebefore.

If the botche appeare vnderneath the
eares, let hym bloud in the head beyne of
the same arme, or els in the braunch of the
same beyne, whiche is vpon the hande, be-
twene the middle finger, and the next that
is adioyning.

If it appeare vnder the throte, take the
same veine, and within a whyle after, it is
good to open the twoo veines vnderneath þ
tongue.

If the soze be set within the armeholes
take the bayne called Mediania, whiche is
bewene the foresayde head bayne, and
the beyne commyng from the liuer.

If the soze bee sette within the flankes,
then ye muste open the beyne called Sa-
phena,

A treatyse of

Phena, whiche is about the ancle of h foote,
on the inner syde: and if ye cannot fynde it
there, take the braunche of it, þ is betwene
the great toe, and the next vnto hym, but þ
lettryng of bloude in that bayne is forbyd-
den vnto women when they be in health.

And if there appere two botches, one on
every syde, Manardus geueth counsayle to
take the right syde, and not the left.

And in case there doth appere no signes
of botchyng or swelling, than he byddeth
you to open bothe the baynes saphenas on
the right syde and on the left.

Notwithstandyng, Marsilius Ficinus
is of a contrary opinion, and sayeth that
it is best when there doth no sore appere,
to take the common beyne on the ryghte
arme.

I thinke herein Manardus counsel ra-
ther to be folowed.

But yf ye see the botche standyng oute-
ward, more towarde the bounche, than ye
must open the vein called sciatica, whiche
is about the ancle of the foote, on the oute-
syde. The whiche opening of the beynes
must be done assone as is possible, alwaye
presupposed that he hathe received one or
other

the pestilence.

other medicine against the venisme, & that he slepe not in anye wise, as is afore mentioned. And to them that cannot lawfully be letten bloude, ye muste in all haste applye many ventoses, wch scarificacion or without scarifying, as it semeth besse to your discretion, so ye take a reasonable or der thus. If the soze be vnder the eares, or aboute the throte, let your ventoses be ap plied behynde vpon the necke.

If the botch appeare vnder the armes set your ventoses behynd vpon the shoulders. If the soze be in the flanke, or thyse, let your ventoses be set vpon the bouttockes.

And yf the pacyent be replete with humours and strong, hauyng no flux nor other impediment, and ye thynke he needeth to bee purged: ye maye geue hym in the moornyng one ounce of cassia, or of manna, wþt a litle dyaphunis laxatyon more or lesse, accordyng to the pacyentes necessitie, tempered with water of seabious, sozell, or endyue, euer takyngs hede, that he doode receyue some medycyne agaynst the venisme, duryng all the syne of his disease.

The

A treatyse of
The fiftieth Chapter, of ap-
plication of outward
medicines.

Here is to bee noted that no maner
playster repercuttive, may bee set
vpon any botche of pestilence. But
assooone as is possyble, after lettyng bloud
it is good to take an onion, and to make
an hole in the middest of it, then syll it full
of good tryacle: after that stoppe it, and set
it on the harch to roste, as it wer an apple.
And when it is roste so long tyll it be ren-
der, lette it coole a lyttle: and sette it hote
vpon the botch, and when it hath ben there
by the space of two houres, take it of, and
lay another on.

Or take a cocke and pull the fethers of,
about his foundament, and put a icture salte
in it, and set his foundament vpon þ sayde
botch, kepyng hym on a good whyle, stop-
pyng many tymes his byll, that his breth
may be retayned, and lec him blow again.
And þf the cocke dye, it shalbe good to take
an other yonge cocke, and spilte it quicke
a sunder, and laye it on the botch, but þe
must commaunde them that take them of,

the Pestilence.

to caste thē in the fire, and not to take the saunour whē it is remoued: for that is very dangerous. Some there be that lay about the soze, water leches called bloudsuckers, and it is very good, so they be well prepared, and clensed from corruption. Other apply vencoses with scarification, but thei ought firste to be applied withouten anye scarifyinge, so they shall the better drawe the venim out.

Other lay thereto a plaister made of galbanū, diaquiliō, and areominiake, incorporate togither, & some other lay on it a plaister made of figges, soure leuen, & reisins without kernels, breake & incorporate altogether in oile of cannonill. There be also that set vpon the botche an herbe called crowefete which is very hote, & maketh a blister on þ skinne, & that same they break, and kepe the place open many daies after. And in that case, yf the botche be in the very arme hole: it is besste to set þ said herbe a lost vpon þ arme. And some other breake the for said botche with a strong rupcorie, hauning part of maturatis, as for example thus. Take sowre leuen soure ouces, muſtarde, ruc, scabious, woormewoode, of

P. i. every

A treatise of

every one an hādfull, white lilly rotes, the
third part of all, grene copporese two drā-
mes, canthrides in numbre. x. galbani one
ounce, olde nuttes, and sumwhat fusty, or
els newe, yf ye can not get them in nūbre.
iii. oile of white lilies, as muche as shal suff-
fice, seeth all the herbes and rotes in oile,
accordinge to arte, with a double vessell,
that is to saye: the oile being in one panne
may seeth onely by the boiling of the wa-
ter in an other great panne, and make a
plaister with the residue of the stusse in a
good fourme. It hath a greate vertue to
breake a pestilence sore without much paine,
and a sore ye laye it on, washe the sore
with a sponge dipped in the straininge of
the forsaide herbes and rotes.

Other take cyle olue and stieh it with
oken ashes, adding vnto it a litle of blacke
sope, and quiche lime, and make a plaister
of the same, it is not to bee vsed but in strōg
complexions.

And all the forsaide waies are to be com-
mended. But after one hath vsed them a
while, and stieh they beginne to come to
maturation, let hym take the counsell of a
learned surgyon, or any other of godd ex-
perience,

the pestilence.

perience; and to set maturatine emplasters,unctions, and bathes, accordinge as becommeth, percing the apostume in the sofreste place, afterwarde procede with mundification and incarnation, even as in other kindes of apostumes: wherun I humbly desire them to haue some ptye of the poore, that be diseased, and not to fauoure them that haue ynoch, but rather take soniche of the riche, that they maye the better haue wherwith to helpe y nedyn. And for because the sick maye haue some confort, if in case they shoulde be destitute of surgeons, I will (besides the said medecines whiche they maye confidently vse,) describe somme maturatine emplasters that are experte and proued in this cure of pestilence.

A plaister to rype a botche con-
ting of the pestilence.

Take mallowes, & the rootes of holl-
hocke, & onions, as much as shal suffi-
ce, washe the & sceth the in waer, &
afterward bray the in a morter with pou-
der of linesede, & of fenugreke, & a good
P.ii. quantitie

A treatise of
quantite of swines grese fresh, laying on
the plaister euery day once.

An other for the same.

Take white diptyany an ounce and an halfe, the roote of walwort an ounce, the rootes of cresses halfe an ounce, white onions, two ounces, seeth the rootes in water, and rost the onion vpon the coles, then rampe the altogither, addinge of oile of camomill. iii. ounces, rostn one ounce nettle sede sixe drammes, ware, as muche as shall suffice, and make a goodly plaister or an ointment at youre pleasure, for it ripeth the said botche in a short space and consumeth the venime, and is good as well for youngmen as for olde.

And afore that it be thorough ripe, cause it to be perced as it is said afore. And if after the said percinge there be great paine, take the volke of an egge well beaten, and a little oile of roses, & anneint a tent theron and put into the soore for to ceasse the peine. Afterwarde mundifie the place with a saliu made of volkes of egges, fine barley floure, and a litle hony of roses. Last of al, for the perfecte incarnacion, take the mice of daisies, and with a litle ware make a softe

the pestilence.

softe ointmente, and use it, or ye maye lay
theris any other salue incarnatiue, as ye
are wont to do in other clene sores. Provided
alway that it is better in this case, to
breake the sore by tynes, than to tary for
riping long, lest perchaunce the venim be-
ing included gather strengthe by the putri-
factiō, and so returne again vnto the herc:
therfore open it, asore it come to ripinge, &
after procede with your maturatiues and
other holosome plaisters.

Hus muche haue I spoke of surgerye
In the exterior cure of one that hath
botche, so farre as God hath geuen me un-
derstanding to perceiue, according to the
minded of suche famouse clerkes, as haue
most effectually written of the same. Now
will I declare a litle of the exterior cure of
him that hath no botch at al, and yet is soze
infected with the pestilence.

For the noble handy woorke of surgerye,
is conuenient to them both, as witnesseth
Marcius Ficinus, in his booke of pesti-
lence in the xi. Chapter. And the fourme
of it is this.

After that the patient hath receiued some
good and holosome medicine agaist the

A treatise of
pestilence, & swete (or after letting blood),
if the case do so require) by and by ye must
apply your labour to take awaie the resi-
due of the venime, that remaineth in the
body. And to that intent ye ought to make
a ruptorie of sowze leuen and cantharides,
or other aboue rehersed, and set it on the
museule of the right arme, vnder the cu-
bithe, on the parte where as the pulse lieth,
but not vpon the pulse it selfe, and so pro-
cure a blisse, whiche ye shall immediatly
cut of, and kepe the sore runninge manye
dayes after, the longer the better for the
pacient.

An other iissuc ye may make in the same
manner, vpon his right legge, four fingers
aboue his hele toward the insuppe, & kepe
it open likewise, till amoneth or two after
he be recovered.

The. vi. Chapter of the cure of car-
buncles and anchzar.

ASo concerning the curacion bothe of
a carbuncle and the pestilence soze
called anchzar, ye maye do euerye
thing accordinge as we spake afore in the
generall cure of the pestilence, bothe as
touching

the pestilence.

touching dsite, medicines against the ve-
nime, cordialles, laxatiues, bloud lettiges,
and vētoles, ye shal heale them as ye heale
the botche, in all thinges. But as touching
lettig of bloude, when ye se a carbūle or
an anthraz by him self without apostume
of the eniunctoires, be it vpon the necke,
or vpon the throte, or the face, or the head,
ye must let him bloud in the head veine.
If it be vpon the shoulders, brestes, or ar-
mes, or other places aboue the nauill, take
the veine called mediana.

And if it be benech the said places, downe
vnto the knees, take the veine saphena,
but if it be on the outside of the thigh, take
the veine sciatica, euer vpon the side that
the soore is on, (as is said afore) considering
the complexion, the strength, the age, and
the qualitie of the bloud, even as is said in
the chapter of the botche, and likewise ap-
ply the vētoles vpon them that can not
bearre flenbothomie.

Whiche thinges presupposed, it is good
to set vpon the carbuncle, whether it be
with botch or without botche, the yolkē of
an egge, incorporate with as muche salce
as ye can temper with it, rennyng it euery

P.iii. hogre

A treacle of
houre during a hole day.

Or els appli y said leches or bloud suckers
round about the soze, and after they haue
sucked out the bloud, set theron a cocke as
is saide of the botche, or els a doue all hote
splitte in the middle. And he that can not
gette the leches, yet let him not faile to
apply the residue of the saide medicines,
euery one after other as afore is saide.

Or a hole lofe commun out of the ouen,
or take a soruer pomegranad, and cut and
seeth it in vineger, or scabious brused be-
tweene two stones, or the rote of daisies, or
good sowre dough, incorporate with salt
and a little oile olive: all these medicines
are good to kill the carbuncle.

The precious stone called a saphire hath
also greate vertue against venim and spe-
cially against a carbuncle, if ye touche it
with the stome, and draue it rounide about
the soze by the space of an houre.
But what soever medicine ye set vnto a
carbuncle, ye muste lay a defensiuе above
the soze, whiche is made as hereafter folo-
weth.

A good defensiuе.

Take

the pestilence.

Take sanguis draconis, and hale ar-
ment, of eche a like muche, make them in
pouder and incorporate them with oyle of
roses, and a litle vineger, and laye it in a
clothe all about the sore, withoute tou-
chinge any part of it, and renewe it when
it is harde and drye.

But if the person be of good abilite, and
the carbuncle very fearesee and burninge,
cannot be quenched with the meaness a-
forsaide than ye must procede with an ac-
tuall or potenciall cauferie, and to remo-
ue the escare, lay on capons greace or a li-
tle butter, or els a plaister made of mallow
leaues, holihockes violettes, lily rotes sod-
de in broch of neies fete or other flesh, and
afterward stamped, strained, and vpon
the fier mingled with pouder of lineorde,
barly floure, beane floure, fresche butter,
and swines greace, adding in the end whan
ye take it of, twoo volkes of egges and a
litle saffron, and stirre it well about.

This is good also to ripe the foresaide
sore, afterwarde mundify and heale as is
saide in the other chapter.

I could declare many other remedies but
I set them that haue bene often proued,
and

A treatise of the pestilence.

and that be moste easie for to get at neve,
desiring all them that shall vse these my
simple labours, to accept my good
will vnto the best, and to praye to
God almygthy for his gra-
ce, vnto whom onely
be all labode glo-
rie and ho-
nor,
worlde without ende.

Amen.

(v.)

A declaration of the vei-
nes in mannes body, and to
what diseases and infirmitie
the opening of every one
do serue.

Vis not vñknowen to any
which haue seene Anatho-
mies, howe there be in a
mans body two kyndes of
veines, generall and spe-
ciall.

Generall or commune
veines are thre whiche appere in the mid-
dest of euerye mans arme on the maner
side, and of them the highest is called of
lerned menne cephalica, or the head veine
and the lowest of all three, is called com-
monly basilica or regia, in the right arme
by an other name epatica, or the veine of
the liver, but in the lefste arme, it is called
pulmatica, the veine of the longes.

The thre common veines, lieth betwen
the other ii. in the middes, and is named
cordiaca, or the veine of the hert.

The first that we do speake of, that

A treatise of

is to saye cephalica, is a veine mosse apt to be letten bloud, in al the hier partes of manes body, and is opened for the head ache, and the eies.

This veine is by chaunce ye touche it, and if it blede not at his first stroke ye may be bold to strike it once again, for there is no ioperdy of cutting of any muscle. And if ye can not finde it out, take his braunch that is about the thombes ende.

The veine epatica, emptieth from the middle partes of al the body, and it is ever opened against the diseases of the stomake, and the spleene, but ye ought therin to be verye diligent, that there be no muscle perced.

If ye can not spie in the armie, scke the braunche of it betwene the litle finger and the fourth.

The cordiaca veine draweth blonde as well from beneath, as from aboue, for it is compouned of cephalica and epatica. If any feleth a weakenes at his herse, he oughte to take good heede that he be not opened in the veine cordiaca, but yf necessarie be of bledinge, let hym blede in the cephalica or els mediana.

the Pestilence. X

So likewise of the other. ii. The cordiaca,
is good to cure the passions of all the hole
bodye, whan they do procede of heate, spe-
cially of the hearte and of the longes.

But in the percinge of it, ye must exces-
dingly beware, for vnder it is a certaine
muske, whiche if it be very depelye cutte,
the pacient is in jeopardy of his life.

When ye cutte ad to let a person bloud
in any veine, ye must bath the arme wher-
in ye perce, in good hote water, and draw
the hole abrode, that the grosse bloud maye
the more easely passe. And here is to be
noted, that in all sickeneses and times (ex-
cept only infection of the pestilence) ye must
take the same veine of the. iii. that doth ap-
peare fuller and bigger than the other are,
for by that ye maye perceiue that the mem-
bers whiche belongeth unto it, are full of su-
perfluites of to hote bloude, and this shal-
be sufficient of the sayde vaines generall:
nowe we will reherse the veines speciall.

The veine in the higher part of the for-
head, is good to be opened in all diseases of
the head, and of the braine, specially if they
be of long continuance, and it cureth the
newe begon lepy.

The.

A declaration

The ii. veines that are behinde the cas-
res, are opened to preserue the memorie,
mundifie the face, & to take awaie reums
and distillacions from the head, and are
good generally in al diseases of the mouth
and of the gummes.

The ii. veines of the temples of the head,
are good to boide humours from the eies,
and they serue also for all diseases of the
eares.

The ii. veines in the corners of the eies
are opened in the cure of webbes spottes,
cloudes, mistes, perles, rednes, cornes,
and other infirmitie and weakenesse of
the sight.

The ii. veines in the holwenesse of the
eares, serue to heale the shakunge of the
head, swimming of the eies, desenes, soun-
ding of the eares, new deafnes, and vn-
clennes of the mouth.

The veine in the tip of the nose, is
good agaist apostumes of the heade,
reums, and flures of the eies, it pur-
gech the braine, and conforteth the me-
morie.

This veine muste be sought verie wyp-
sely, for it lieth depe, therefore he that will

be

of vaines.

be sure of it, shall finde it even in the bery
muddes betwene the two sides of the nose
ende.

The two veines within the nosehil-
les, are opened against the heuines of the
head.

The veine of the lippes, is good to take
in all diseases of the mouth.

The ii. veines within the mouth, are o-
pened in diseases of the head, to the ache,
paine of the iawes, mouth and throte, and
against frekles of the face.

The fourre veines in the palate of the
mouth, are good to be opened in the tooth
ache, iemmes and catarres of the head.

The two veines in the hinder part of
the head, are good against the phrenesie,
swimming, astonyng, and all other pai-
nes of the head.

The ii. veines vnderneath the tong, are
opened against the flures of the head, pal-
sies, quincies, scrophules, apoplexia, cough
paines of the mouth, teeth, and gummes,
against impedimentes of the speche, and
generally in all diseases of y brest, herte,
longes and arteries.

The

A declaration

The veine that is betwene the chin and
the nether lipp, is good to open in curinge
of a stinkyng breach.

The veine that lieth right vnderneath the
chinne, is good against the same disease,
and also in diseases of the heade and of the
breaste, polipus in the nose, paines of the
chekes, stinking of the nosethrils, scrophu-
lies and sportes about the face. The ii. vei-
nes of y necke (one afore, another behinde)
are exceeding good against the pleuresie,
newe lepy, shakynge of the membres, hu-
mours, and distillacions of the heade, and
to muche stynnesse of hummes.

The ii. veines vnder the arme holes, ser-
ue against the straines of the breast paitie
of the myddle, and the longes, and agaist
difficulty of breathing, called asthma.

The two veines aboue the elbowes are
taken in ail diseases of the breaste, swim-
myng of the heade, spalme, and epilep-
sia, commonly called the fallinge euill.
Vena purpura, or the purple veine, lyng
in the right arme nexte epatica, towards
the hand, is opened agaist diseases of spi-
rituall membres and of the bowels.

The

of paynes.

The beyne sliaca nerfe vnto the purple beyne, if it be well taken, is good to heale the paynes of all the inwarde members.

Wena pulsatilis, or the beating vaine is good against the tremblyng of the hearte swoolnyng, and cardiaca passio.

The twoo beynes of the thombes, are opened in dyseases of the heade, bleared eyes, and agaynste the moste parte of all feuers.

The beyne betwene the forefinger and the thombe, is good for stoppyng of þ head and to purge the superfluite of cholere, is good in agues, and in all dyseases of the eyes.

The beyne that is betwene the rynges fynger, and the litle (if it be opened) takeþ away diseases of the head, the longes, and of the spleene.

The beyne called saluatella in þ ryghte hande, betwene the lytle fynger and the nexte adioyning, is opened in opplyacions of the breast, agaynste the gummyn matter of the eyes, perbrakyng, yelowe iauibys, paynes and colykes in the ryghte side of the belley.

¶.i. And

A declaracion

And in the left hande it is opened agaynst
al diseases of the spleene, commyng of re-
plexyon and oppilacion, and is good to
heale the hemoroides, phrenesly, colykes in
the left syde, dyseases of the beynes, and to
muche aboundaunce of the floures.

The beyne of the ryghte syde, if it be o-
pened, is good in lynteria, dissicria, drop-
fyes and other infirmiries caused of colde
matter.

The beyne of the lefte syde is good a-
gainst apostumes and excoriacion of the
bladder, paynes of the loynes, swellynge
and stoppyng of the spleene.

The beyne of the belly is good against
dyseases of the reynes, and purgeth oute
the melancholy bloud.

The iii. beynes aboue the place called
pecten, on eyther syde the pruyu members
are good agaynst superfluous issues of h-
emoroides, and to swage Payne in all dis-
eases of the bladder, and the secrete places
they stoppe the bledyng of the nose and of
other members, and are good to heale the
lientery and strangury.

The beyne ouer the foreshayne of the
yearde, is opened agaynst the dropsey and
all

of baynes

all dyseases of the same member.

The veyne vnderneath the sayed skinning
is holsome to be taken for the crampes or
spasme, colpke, swellyng of the coos, stra-
gury, dissurie, and dyseases of the stome,
both in the reynes and in the bladder.

The two beynes of the thyghe hane a
synguler vertue in the curyng of diseases
in the bladder, and the reynes.

The two beynes in the legges, do serue
against the dropfy, payne and apostemaz-
yons of the bladder, and the reynes, and
the privy members, and agapnille goute &
swellyng of the knees.

The veyne saphena on the inner syde of
the legge, is opened agaynst recentyon of
the floures, and in all diseases of the ma-
triage, reynes, hyppes, priuy places of men
and woment.

The outwarde saphena, other wyle cal-
led sciatica, descending from the legges on
the outsyde, is exceeding good in curyng
the payne of the huckle bone, whereto it
hath the name sciatica, and ouer that it he-
leth al discases of the bladder and the bo-
wels, goute of the handes and of the feete,
wryth other payne of the ioyntes, and the
palsy.

A declaracion

The two outward beynes vpon the an-
cles, are good to be opened for retencyon
of the floures, they take away the sycknes
of the splenie, and ease the payne of þ backe
strangury, and stone.

The two beynes vnder the litle toe are
good to purge the superfluitie of the ma-
tryce, and to heale scrophulus of the face
and the legges.

The two beynes adioynyng to the litle
toe, cure the apoplexie, yelow cholere, pal-
sy, and al dyseases of the reynes.

The two baynes in the lesser ioynt of
the lytle toe, are opened in curyng of an
olde cough, pustles, and ophthalmia in the
eyes.

The two beynes in the myddle toe, are
good agaynst the scrophules, and diseases
of the face, spots, rednes, and pimples, wa-
teryng of the eyes, cankers and knobbes, &
agaynst the stoppyng of the floures. The
veine on the leſt ioynt in the great toe, is
good agaynst ophthalmia of the eies, spot-
tes of the face and the legges, ytch, and bl-
ters of euyll complexion, and purgeth su-
perfluitie of the matryce. Thus muche I
haue declared of the vtiltie of beynes.

Finis.

The

The boke of chil- dren.

In begin a treatise of the cure of chyldren, it shoulde semme expedyente, that we shoulde declare somelohac of the prynceples, as of the generacyon, they bee-
ing in the wombe, the tyme of procedyng
the maner of the bryth, the byndyng of þ
nayyl, settynge of the members, lauatories
vncions, swathynge, and encreacemen-
ses, with the circumstaunces of these and
many other: whych if I shoulde rehearse in
particles, it shoulde require bothe a longer
tyme, and encrease into a greater volume.
But forasmuche as the most of these thin-
ges are very true and manyfeste, som per-
taynyng onely to the offyce of a midwyfe,
other for the reuerence of the matter, not
mete to be dysclosed to euery vyle person:
I entende in thys boke to lette them all
passe, and to crete onyl of the thyngeſ ne-
cessary, as to remoue þ sicknesſes, wherw

D. iii. the

The boke.

the tender babes are ofte tymes affected,
and desolate of remedy, for so much as ma-
ny doe suppose that there is no cure to bee
ministred unto them, by reason of theyre
weakenes. And by that payne opinion, yea
rather by a folyshe feare, they for sake ma-
ny that myght be wel recouered, as it shal
appeare by the grace of God hereafter, in
thys litle treatise, whē we come to y decla-
ratyon of the medicines. In the meane
season for confusyon of the matter, I ente
to wryte somewhat of the nource, and of y
mylke, with the qualites, and complexiōs
of the same, for in that consisteth y chyse
poyntic and summe, not only of the main-
tenaunce of healtch, but also of the fourmig
of infectyng eyther of the wytte or ma-
niers, as the Poet Virgil when he woulde
descriue an bircarreis churlysh, and a rude
condishioned ryzaunt, didde attribute the
faulke unto the gener of the mylke, as in
saying thus.

Nec tibi diua parens, generis nec
Dardanus author,
Perfide, sed duris genuit te cautibus
horrens Caucasus, bircanaeque admo-
runt

of children.

tunt ubera tigres.

For that diuine Poet beeving througha
ly expert in the primitiues of nature, vnder
Stode ryghte wel howe great an alteracyone
every thyng takeith of the humiour, by the
whyche it hath hys alymente and noury-
shynge in the youthe: whyche thyng al-
so was consydered and alleged of manye
wyse Phylosophers: Plato, Theophras-
tus, Xenophon, Aristotle, and Plynhe,
who dyd al ascribe vnto the nourcement as
much effecte or more, as to the generacyon.
And Phaenomenus the Phylosopher (as
wryteth Aulus Gelyus) affyrmeth that if
the lambes bee nouryshed wyth the milke
of goates, they shal haue course wolle, like
the heare of goates: and if kyddes in lyke
maner sucke vpon shepe, the heare of them
shalbe soft lyke wolle.

Wherby it dooth appeare, that the
mylke and nourishing hath a marueilous
effecte in chaungyng h̄ cōplerion, as we se
lyke wyse in herbes and in plantes, for let
the sede or ympes be never so good & pure,
yet if they be putte into an vnykynde earth
or watered wyth a nougtye and vnhol-

The boke.

some humoure, eyther they come not vp
at all, or els they wil degenerate and turne
out of theyz kynd, so that scarce it may ap-
peare from whence they haue bene taken:
accordyng to the verse.

Pomaque degenerant, succos oblitia
priores.

Wherfore it is agreynge to nature, so
is it also necessary and comly for the owne
mother to nource the owne chylde.

Whiche if it may be done, it shalbe most
commendable and holsome, if not ye must
be wel aduised in takyng of a nource, not
of il complexion and of worse maners: but
suche as shalbe sober, honeste and chaste,
well sounmed, amiable and chearefull, so
that she maye accustome the infante vnto
mirth no dronkarde, vicious nor sluttysche
for suche corruptethe the nature of the
chylde.

But an honest woman, (suche as had a
man childe lasse afoore) is beste not wþthin
two monethes after her delineraunce, nor
approchynge nre vnto her syne agayne.
These thyngs ought to be considered of e-
very wise perso, þ wil set their childre out
to nure. Moreouer, it is good to loke vþþ
milke

of chyldren.

milke, and to see whether it be thicke and grosse, or to muche thinn & watrye, blac-
kylshe or blewe, or enclining to rednesse or
yellowe, for all suche are vnnatural and e-
vil. Likewise when ye taste it in youre
mouth, if it be eyther bitter, salt, or soure,
ye may well perceyue it is vnholesome.

That milke is good, that is whyte and
swete, and when ye droppe it on your nail,
and do moue your finger, neyther fleteth
abrode at every steryng, nor wil hang fast
upon your nayle, when ye turne it down-
warde, but that whiche is betwene bothe,
is best.

Sometyme it chaunceþ that the mylk
wasteth, so that the nourse can not haue
sufficient to sustayne the child, for þ which
I wil declare remedies leauinge oute the
causes for breuicte of time.

Remedies appropriate to
the increasyng of
mylke in the
brestes.

PAsnepe rootes, and fenell rootes
sodden in brothe of chickyns, and
afterwarde eaten with a litle freshe
butter,

The Wooke

butter maketh encrease of mylke within
the brestes.

An other.

The pouder of earthwormes dried and
dronken in the brothe of a neates tounge
is a singuler experiment for ths same ince-

Also the broth of an olde cocke, wth mintes
cynamome and maces.

Rice also sodden in cowes mylke, wth
the crummes of white bread, fenell seede
in pouder, and a litle suger is excedyng
good.

An other good medi-
cine for the same.

Take Christal, and make it in fine pou-
der, & mire it wth as much fenell sede and
suger, and vse to dring it warme wth a li-
tle wyne.

A plaster for the encrease
of mylke.

Take fenell, and horehounde, of euery
one two handfuls, anise sede fourre drams
saffron a scruple in pouder, sweete butter
thre ounces, seeth thē in water, and make
a plaster to be layd vpon þ nurses brests.

These thynges haue propertye to aug-
ment the mylke, dyll, anise seede, fenell,
Christal,

of chyldren.

Christall, hoozchounde, freshe cheese, hony, lettuse, beetes, myntes, carretie rootes, parsnipes, the dugges or vdder of a cowe or a sheepe, goates mylke, blanched almondes, ryce porrage; a cowes tongue dried and made in pouder, porched egges, saffron, and the iuyce of rosted vele dzonken.

Thus muche of the nourse, and of the mulke: now wyll I declare the infirmitiess of chyldren.

Althoough (as affirmeth Plinie) there be innumerable passions and diseases, wherunto the bodye of manne is subiecte, and as well maye chaunce in the younge as in the olde: Yet for moste commoniye the tender age of chyldren is chieflye vexed and grieved wyth these diseases following.

Apostume of the brayne.

Swellyng of the heade.

Scalles of the heade.

Wachyng out of measure.

Terrible dreames.

The fallyng euill.

The palsey.

Crampe,

Suffenes

The Booke

Stiffenes of lymmes.
Bloudshotten eyes.
Watring eyes.
Scabbynesse and yche.
Diseases in the eares.
Feasynge out of measure.
Bredyng of teeth.
Canker in the mouth.
Quinsye or swellyng of throte.
Coughes.
Streines of wynde.
Feblenes of the stomake and vomisynge.
Pearing or hicket.
Colike and rumblyng in the guttes.
Flux of the belly.
Stoppyng of the belly.
Wormes.
Swellyng of the nauill.
The stone.
Byssyng in bed.
Brastyng.
Fayling of the skynne.
Chafyng of the skynne.
Small pockes and measels.
Feuers.
Swellyng of the coddes.
Sacer ignis or chingles.

Burnyng

of chyldren.

Burnyng and scaldyng.

Rybbes.

Consumpcion.

Leancsse.

Gogle eyes.

Of the Apostumes of
the brayne.

In the filme that conereth the brayn
chaunceth oftentymes apostemaciō
and swellyng, eyther of to much cry-
ing of the chylde, or by reason of the mylk
immoderately hote, or excesse of heate in
the bloude, or of colde fleume, & is knownen
by these sygnes.

If it be of hote matter, the heade of the
chylde is unnaturally swollen, redde and
hote in the felyng: if it come of colde mat-
ter, it is somewhat swollen, pale and colde
in the touchyng, but in bothe cases þ chyld
cannot reste, and is euer loth to haue hys
head touched, cryeth and vexeth hi selfe, as
it wer in a frensy.

Remedy.
Make a bache of mallowes, camomyll,
and lillyes sodden with a shepes head, tyll
the

The Booke

Scalles of the
heade.

The heades of chyldren are often-
tymes blcered and scalled, as well
when they sucke, and then mosse
commonly by reason of sharpe mylke, as
also when they haue bene wayned, and
can goe alone. Somertymes it happeneth
of an euyll complexion of humours by ea-
ting of rawe fruite, or other euyll meats,
and sometyme by long contynuyng in þ
sunne, many tymes by droppynge of restye
bakon, or of salte beeſe on theyz bare
heades.

Otherwhyles they bee so borne oute of
theyz mothers wombe, and in all theys is
no great difficultie cyl the heare be growē
but after that, they requyre a greater cure
and a cunnyng hande, notwithstandingynge
as God shall geue me grace, here shall be
sayde remedies for the cure of them, such
as haue bene oftentimes approued wher-
in I haue intended to omitte the disputa-
tions of the difference of scales, and þ hum-
ours wherof they doe procede, and wyll
go streyght to the composition of medyci-
nes, folowynge the good experiance, here
ensuyng.

of chilpren.

ensuing.

Remedies for scalles.

If ye se the scalles like the shelles of oysters, blacke and drie, cleauninge vpon the skinne, one within an other, ye may make a fomentacion of heate and moist herbes, as fenugreke, holy hocke, bearers breeche, linseede, and suche other, sodde al or some of them in the broche of netes feete, and so to bathe the sozes, and after that applie a softe plaister of the same herbes, with gose grease or butter, vsinge this still, till ye se the scabbe remoued, and then wash it with the iuice of horchounde, smallach and betony, sodden togither in wine, and after the washing put vpon it powder of mirre, aloes and frankensence, or holde his head ouer a chafingdilfe of coles, wherin ye shall put frankensence and saunders in powder.

But if ye see the scabbes be very soze and mattrie with great paine, and burning of the head, ye shal make an ointment to coole the mater thus.

An ointment to coole the burning
of a soze head.

Take white leade and lytarge, of every
K. i. one.

The boke

vne. v. drammes, lie made of the ashēs
of a vine. iii. drammes, oile of roses, an ou-
ce, ware an ounce, melte the ware firste,
than put to the oyle and lie, with the rest,
and in the ende. ii. yolkes of egges, make
an ointment, and laye it to the head. This
is the composition of Kasis.

An other ointment singuler for
thesame purpose.

Take betony, groundswell, plantasne,
sumitory, and daisies, of every one like
muche, stampe them, and mingle them
with a pounde of fresh swines greace, and
let them stande closed in a moist place. viii
daies, to putrify, than frie them in a pānc,
and straine them into a cleane vessell, and
ye shall haue a grene ointment of a singu-
ler operation for the saide disease, and to
quenche al vnkinde heates of the body.
Also ye must vse to shauē the head, what-
soever thinges ye do lay vnto it.

If there lacke the cleasinge of the sores,
and the childe weancē, ye shall do well to
make an ointment of a litle turpentine,
bulles gall, and hony, & lay vpon the sores.

Also it is proued, that the brine of a bulle
is a singuler remedy to mudify the sores,
and

of children.

and to lose the heares by the rootes, with-
out any peine or perelle.

The iuice also of morell, daisie leaues &
groundswell fried with greace and made
in an ointment, coleth all vnkind heates
and pustles of the head.

Here is to be noted, that during this di-
sease in a sucking childe, the nource must
auoide all salt, and souer meates that en-
gender cholere, as mustarde, vineger, and
such: and almaner fruites, (except a pome-
granade) and she must abstaine in this ca-
se, both from egges, and from other kinde
of white meates in generall, and aboue all
she may eate no dates, figges, nor purce-
lane, for many holde opinion that purce-
lane hath an euill propertie to breed scab-
bes and blcers in the head.

Moreover the childes heade maye not be
kept so hote, for that is oftentimes the cau-
se of this disease.

Sometimes it chanceth y there beadeth
in the head of childe as it were little war-
tes or knobbes some what hard, & can not
be resolved by the said medicines. Where-
fore whē ye se y none other thiȝ wil helpe,
ye shal make a good ointmēt to remoue it,

K.ii. in

The boke
in maner as hereafter is declared.

An excellent remedy for wartes
or knobbies of the head.

Take hirage and white lead, of eche a
like quantite, brinstone and quicke siluer
quenched with spittle, of eche a lesse quan-
tite, twise as much oile of roses, and a spo-
nesfull or two of wineger, mire them alto-
gither, on a marble, til they be an ointmēt
an lay it on the head, and when it hath ben
dryng an houre or ii. washe it of with water,
wherin was sodde malozam, sauery and
myntes, vse it thus twise a daye morninge
and evenynge, till ye see it hole. This thing
is also good in all the other kind of scalles.

¶ Of watching out of measure.

SLepe is the nourishmēt and foode
of a sucking chylb, and as muche re-
quisite as the very teate, wherfore
whan it is depryued of the naturall rest all
the hole body falleth in disempes crudicie
and weakenes, it procedeth comunly by
corruption of the milke, or to myche abou-
daunce, whiche overlaideh the stomake, &
for lacke of good digestion, vapours and
fumes

of children.

sumes arise into the heade, and infect the
braine, by reason whereof the childe can
not slepe, but turneh and vexeth it selfe
with criyng.

Therefore it shalbe good to prouoke it to a
natural slepe thus, according to Rasis.
Annoint the forehead and temples of the
child, with oyle of violets and vineger, put-
ting a drop or two in the nosethilles, and
if ye can gette any sirupe of popie, geue it
the child to liche, and than make a plaister
of oyle of saffron,lettuse, and the iuice of
poppy, or wette cloutes in it, & lay it ouer-
thu arte the temples.

Also the seades and the heades of pop-
pie, called chesbolles, stamped with rose-
water, and mixte with womans milke,
and the white of an egge, beaten all toge-
ther and made in a plaister causeth the
childe to receive his naturall slepe.

Also an ointment made of the seede of
popy and the heades, one ounce, oyle of let-
tuse, and of popy, of ech. ii.ounces, make
an ointment and vse it.

They that can not gette these oiles may
take the herbes, or iuice of lettuse, purce-
lane, houseleke, and popye, and with wo-
mans

The boke

mans milke, make a plaister, and lay it to
the forehead.

Dyle of violettes, of roses, of nenuphar
are good, and oile of populeon, the broth of
mallowes sodden, and the iuice of water
plantaine.

Of terrible dreames and feare
in the slepe.

BItemes it happeneth that the
childe is afraid in y slepe, and som-
times waketh sodainly, and ster-
reth, sometime shriketh and trebleth, which
effect commeth of the arising of stinkinge
vapours out of the stomake into the san-
casie, and sences of the braine, as ye maye
perceiue by the breath of the childe: wher-
fore it is good to geue hym a litle honyn
to swallowe, & a litle pouder of the seedes of
peome, and sometimes triacle, in a litle
quātitie with milke, and to take heede that
the childe sleepe not with a full stomake,
but to beare it about wakinge, till parte be
digested, and whan that it is laide, not to
rocke it muche, for ouermuche shakinge
letteth digestion, and maketh the childe
many times to vomite.

The

of children.

The falling euill called in the
greke tonge epilepsia.

Put onely other ages but also litle
children, are oftentimes afflicted,
with this greuouse sickenes, som-
time by nature received of the parentes, &
than it is impossible, or difficile to cure,
sometime by euill & vnholsome diet, wher-
by there is engēdred many cold and moist
humours in the braine, whereupon this
infirmity procedeth, whiche if it be in one
that is young and tender, it is very harde
to be remoued, but in them that are some-
what stronge, as of seuen yeares and vp-
warde, it is moze easie.

I finde that many thinges haue a na-
tural vertue againste the falling euill, noe
of any qualite clementall, but by a singu-
ler propertie, or rather an influence of hea-
ven, whiche almighty. God hath geue vnto
thinges here in earth, as by these and
other.

Saphires, smaragdes, red corall, pio-
ny, mistletowe of the oke, taken in the
monethe of Marche, and the moone de-
creasyng, tunc, sauen, dille, and the

R. iii. **Tunc**

The boke

Stone that is foun de in the bellie of a yong
Swallow, being the first brode of the dame.
These or one of them, hanged about the
necke of the child, saueth and preserueth it
from the said sickenes. Now wil I descri-
be some good and holsome medicines to be
taken inward for the same disease.

If the child be not very young, the mawe
of a leueret, dronke with water and honyp
cureth the same.

A medicin for the falling sickenesse.

Take the roote of piony, and make it
into powder, and geue it to the child to lick
in a little pappe and suger.

They that are of age, may eate of it a good
quātity at once and likewise of the blacke
sedes of the same piony.

Item the purple violettes that creapeth
on the grounde in gardeins with a longe
stalke, and is called in englishe hearteseale
dronken in water, or in water and honyp,
helpeth this disease in a young childe.

Moreover the muscle of the oke rased
and geue in milke, or in water and honie,
is good.

Also ye may stille a water, of the floures of
lind,

of children.

Ind, it is a tree called in latin tilia, the same whereof they make ropes and halters of the bark; take the same floures and distill a water, and let the pacient drinke of it now and than a sponefull, it is a good remedy.

Item the roote of the sea thistle called Erigum in latin, eaten in broth or dounken, is exceeding good.

Some write that ciceroye is a singuler remedy for the same disease. It is ment by wilde cicorie, growing in the cornes.

The floures of rosemary, made in a co-
serua hath the same effect in curing this
disease.

I could declare many other remedies co-
mended of authours, but at this time the-
se shalbe sufficient.

Nowe I will entreate somewhat of
the palsey.

Of the palsey or shaking of
membres.

The cure of the palsey in a childe, is
not like to that whiche is in elder a-
ge, for the sinues of a child be verye
neshe and tender, and therfore they ought
to haue a muche weaker medicin, euer-
more regarding the power of the sickenes,
and

The booke

and the vertue or debilitie of the gretted
pacient.

For somtymes the childe can not lifte
neither legges nor armes, which if it hap-
pen during the suckinge, than muste the
nource bse a diete enclining to hote & drye,
& to eate splices, as galingale, cinamone, gin-
ger, macis, nutmigges and suche other, w
rosted and fried meates, but abstaine fr
milke & almaner fish. And it shall be good
for her, to eate, a lectuarie made after this
sorte. Take mintes, cinamone, cumine, ro-
se leaues dried, mastike, fenugreke, valer-
ian, ameos doronisi, zedoary, cloves, lau-
ders, and lignū aloes, of euerye one a drā-
me, muske half one drāmie, make an ele-
ctuary with clarified hony, and let her eate
of it, and geue the childe as muche as halse
a nut euery daie to swallow.

A plaster.

Take an ounce of ware, and a drāmie
of euphorbium, at the potecaries, and tem-
per it with oile olive on the fier, and make
a serecloth, to conforte y backe bone, and
the sinelues.

A goodly lanuary for the same
purpose.

Take

of chilđren.

Take lic of ashes, and seeth therin baye
buries, and asmuch piony sedes, in a close
vessel to the thirde part, and wash the child
often with the same.

Item a bathe of sauery, mace, myrtle, time,
sage, nepte, smallage, and mintes, or some
of them is very good and holsome.

Also to rubbe the backe of the childe and
the limmes, with oiles of roses and spike,
mixte together warme, and in stede of it
ye may take oyle of baies.

Of the crampē or spasmus.

This disease is often sene amonge
children and commeth very light-
ly, as of debilitie of the nerues and
cordes, or els of grosse humours, that sus-
focate the same: the cure of the which is de-
clared of authours to be done by frictions &
ointmentes that comfort the sinowes and
dissolve the matter, as oyle of flooredlui-
ce, with a little anise, saffron and the rotes
of piony.

Item oile of camomil, fenugreke, and melli-
lore, or the herbes sodden, betony, worme-
wood, verueine, & time, are exceeding good
to washe the childe in.

Item the plaister of euphorbium,
by Aliien

The boke
Written in the cure of palsey.
Of the stynnes or starkenes
of limmes.

SOMETIMES it happeneth that the limmes are stark, and can not well com together without the greater peine, which thing procedeth many times of colde, as whan a childe is sounde in the frost, or in the strete, cast awaie by a wyched mother, or by some other chance, although I am not ignoraunt that it maye procede of many other causes, as it is said of Rasis, and of Arnolde de villa noua, in his boke of the cure of infantes.

And here is to be noted, a wonderfull secrete of nature, many times approued, written of Aucenne in his firste Canoy, and of Celius Antiquarū electionū, libro. xiiii. capit. xxxvii. that whā a member is verterly benummed and taken throughe cold, so that the pacient can not feele his limmes, nor moue them according to nature, by reason of the behemet of congelacio of the bloud, in such case þ chiefe þ help or remedy is not to set thē to the fier to receiue heat, for by that meanes, lightly we se that every one swooneth and many dye oueright,

of children.

right, but to sette the feete, legges, and armes, in a paile of clere colde water, which immediatly shall dissolve the congelacion, and restore the bloud to the former passage and freedome, after that ye may lay the pacient in a bedde to sweate, and geue him hote drinke and caudels or a coleis of a cappon hote, with a little cinamome and saffron, to confort the hart. An argument of this cure ye may se thus.

When an apple or a peare is frozen in the winter, sette it to the fier, and it is destroyed: but if ye put it into colde water, it shall as well endure as it did afore, wherby it doth appere, that the water resolyeth cold, better with his moisture, than the fier can do by reason of his heate: for the water relenteth and the fier dralweth and drieth, as affirmeth Galene in his booke of elementes.

Hitherto haue I declined by occasion, but I trust not in vaine to the reader, now to my purpose.

When a young childe is so taken with a colde, I esteme it best for to bath the body in luke warme water, wherein hath bene sodde maioram and cumine, isope, sage, muntres,

The booke

tes, and such other good and comfortable
herbes, then to relieu it with meates of
good nourishment, accordinge to the age
and necessitie, and if neede be, when ye se
the lummes yet to be stark, make an oint-
ment after this fourme.

An ointment for stiffe and stouned limmes.

Take a good handefull of nettels, and
stampe them, then seth them in oile to the
third part in a double vessell, kepe that oint-
ment in a drie place, for it wil last a greate
while and is a singuler remedoy for þ stiffe-
nes that cometh of cold, and whoso anoin-
teth his handes and fete with it in þ mor-
ning, shal not be grieved with colde all the
daye after.

The sedes of nettels gathered in haruest
and kepi for the same entente, is exceedinge
good sodden in oile, or fried with swines
grece, whiche thinge also is verye good to
heale the kybes of heeles, called in latin
Perniones. The brine of a goate with the
dunge stamped and laied to the place, re-
solueth the stifnes of limmes.

When the cause commeth not by extreme
colde, but of some other affection of the si-
nolues

of children.

nowes & cordes, it is best to make a bath, or a fomentacion of herbes that resolute & confort the sinowes, with relaxacion of y grosse humors, and to open the pores, as by example thus.

Take malowes, holyhocke and dil, of eche a handfull or two, lieth them in the water of netes fete, or in broth of fleshe without salt, with a handful of brannie and cummine, in the whiche ye shal bath the childe, as warme as he maye suffer, and yf ye se necessarie, make a plaister with the same herbes, and laye it to the griesse with a littel gosegrece, or duckes grece, or if it may be gotte, oile of camomil, of lilies, and of pull. Cloutes wette in the said decoction, & lauds about the members helpeth.

Of bloudshotten eies, and other infirmities.

Sometime the eyes are bloudshotten, & other whiles encreasing a filchi and white humour, couering the sight, the cause is often of to muche crying, for the whiche it is good to drop in the eyes a little of the tree of nighteshade, otherwise called morrell, and to annointe the foreheade with the same, and if the eye swell, to wette a cloake

The booke

cloute in the juice, and the white of egges,
and lay it to the griesle.

If the humour be clammishe & tough,
and cleuetch to the corners of the eyes, so
that the child can not open them after his
sleepe, it shalbe remoued with the juice of
bouleke, dropped on the eye with a fether.

When the eye is cloude shotten and
redde, it is a singuler remedy to put in it
the bloud of a young pigion, or a dove, or
a partriche, either hoate from the birde, or
els dried and made in pouder, as subtil as
may be possible.

A plastrer for swelling and paine
a halfe yarde of the eyes.

Take quinces and crummies of white
bread and seeth them in water till they be
soft, then stampe them, and with a little
saffron and the yolkes of two egges, make
a plastrer to the childe's eyes and forehead.
Ye maye let him also receiue the fume of
that decoction. It is also good in the me-
grimes: if ye wil haue further, loke in the re-
giment of lif, in the declaracion of paines
of the head.

Of warring eyes.

of children.

If the childe's eyes water ouermuch wrychout crying, by reason of a distil lacyon comming from the head Ma nardus teacheth a goodly playster, to restrayne the reumes, and is made thus.

Hartes horne brenet in pouder, and wa shed twise, guaiacum, otherwise called lignum sanctum, corticu thuris, antimonie, of ech one part, muske the. iii. parte, of one part, make a syne pouder and vse it wryth the iuyce or water of senel. These thinges haue vertue to staunch the running of the eyes. The shelles of snayles brenet, þ ticke that is founde in the dugges of kyne, phisypendula, frankensence, and the white of an egge layed vpon the forehead, fleworte or the water wherin it stemed, tutie, þ wa ter of buddes of oke stilled, beane floure finely sifted, and with the gumme of a chesnire stemed in vnaeger, and layed ouer all the temples.

Of scabbines and yche.

Smetyme by reason of excesse of heat, or sharpenesse in the mylke, through the nourses eating of salt and eygre meates, it happeneth þ a chylde is sene ful of yche by rubbing, fretyng, S. l. and

The boke.

and chasyng of it selfe, increasyng a scab
called of the Grekes Psora: whiche thyng
also channeth vnto many after they bee
weaned, procedyng of salt and adustre hu-
mures, the cure wherof differeth innone
other, but accordyng to the difference of
age, for in a suckyng babe the medycynes
maye not be so sharpe, as it maye be suffered
in one that is already weaned. Agaynsto
such vnykynde ych, ye may make an oint-
ment thus.

Take water of betony, two good hand-
fuls, dayly leauers, and alehoise other wyse
called tudnour or grounde yape, of ech one
handful, the red docke roses, two or three,
strayne them altogether, and grinde them
wel, then myngle them wyth fresh grease
and agayne strayne them.

Let them so stande. viii. dayes to putry-
sye vnyt be hoare, then fry them out and
strayne them and keepe it for the same en-
tente.

Thys oyntmente hath a greate effecte
both in younge and olde, and that without
repercussion or driving backe of the mat-
ter, which shoulde be a peryllous thyng for
a younge chylde.

The

of children.

The herbe water betonye alone, is a great medecyne to quenche all unkynde heates wþout daunger, or the sethyng of it in cleare wel water, to annoynt the members. It is a commen herbe and groweth by ryuers sydes, and smal rennyng waters, and wette places, aryng nayne tyme the heyght of a man out of y ground where he reyseth, wþth a stalke four square, and many branches on every side and also it beareth a whitish blewe floures very smal, & in haruest it hath innumerabile sedes, blacke, and as fyne as the seede of frulente or lesse, y leaues bigge and long accordançyng to the ground, full of iuice, tagged on the sydes lyke a saw, euuen as other betony, to whom it approcheth in sygure; and obteyneth hys name of water betony. The sauoure of the leafe is somewhat heare me, moste lyke to the sauoure of elders or walwort, but when it is brused it is more pleasant, which thig induceth me to vary fro the mindes of them y thinke this herbe to be Galloplis in Diſcordides, written of him y it shold syrike whē it is ſtāped, but the more this herbe is ſtāped, y more ſweete and herbelyke it ſauoreth: therfore it can-

S. II. not

The boke.

not be galeopsis, and besides that, it is never founde in dry and stony grounde as \hat{h} Galioptis is. Neither is this herbe mentioned of the new or old authours: as far as I can se, but of only Vigo, the famous sur- gion of our tyme in Italy, whiche writech on it, that thys herbe exceedeth all other in a malo mortuo (so calleth he a kynde of le- pry elephantike: or an vniversal and filsyf scab of al the body:) and in lyke maner he sauech, it is good for to cure a canker in the brestes. Ye may reade these thynges in his. li. boke, Capitul. iii. and his fiftie booke of the French pockes, in the third chapter wher he doth describe thys aforesaid herbe wyth so manysell tokens, that no man wyll doubt it to be water betony, conseruynge the boke & the herbe duly together. More- over he nameth in Italy a brydge where it groweth in the water in great aboundaunce and is called of that nacyon Alabeueratore which in dede the Italians that come hy- ther and know both the place and \hat{h} herbe doe affirme plainly, it is our water betony And wheras he allegeth Dioscorides incli- mentio, which by contemplacyon of boche hath but small affinitie or none with thys herbe.

of chyldren.

herbe, it was for no thyng els but lacke of
the tōges, whiche saute is not to be so high-
ly rebuked in a maner of hys study, applying
hymselfe more in the pracie of surgerye,
and to handy operacyon, wherem in dede
he was nere incomparable, then he dyd
to search the baryance of conges, and rat-
her regarded to declare the operacyon of
thynges wþtch trueth, then to dispute vpon
the properties or names wþtch eloquence,
Thus haue I declined again frō my mat-
ter, partly to shewe the discription of this
holosome herbe, partly to satisfie hys myndes
of the surgyons in Tigo, whych haue hy-
ther to red the said places in bayn, and fur-
thermore because ther is yet none that de-
clareth manysfetly the same herbe.

An other remedy for scabbes and iche.
Take the rotes of dockes, and fry them in
fresh grease, then put to a quancitie of bri-
stone in pouder, and use to rub the places
twysle or thysle a day Brimstone poudred
and supped in a reue egge healeth hys scabs,
whych thyng is also very good to dessroye
wormes.

A goodly swete sope for scabs
and ytche.

S. iii. Take

The boke:

Take whyte sope halfe a pounde, and
sette it in suffycient rosewater, tylt it bee
wel soked, then take two drāmes of mer-
cury sublyned, & dissolve it in a lytle rose-
water, laboure the sope and the rosewater
wel together, and afterward put it in a li-
tle muske or cuette, and kepe it. This sope
is exceeding good to cure a greate scabbe
or pitchē, and that wythout peryll, but in a
chylde it shall suffyse to make it weaker of
the mercury.

An other approued medicinē

for scabbynēs and

pitchē.

Take fumitorye, docke rotes, scabiousse
and the rote of walwort, stampē them all
and set them in freshe grease to putryfye,
then fry them and scrapne them, in which
licoure ye shal put turpentyne a litle quā-
tytye, brymstone and frankensence verye
fynely poudred and syfre d a porcyon, and
wyth suffycient ware make an oyntment
out a soft fyre: thys is a synguler remedye
for the same purpose. But in thys cure ye
dought to geue the chylde no egges, nor a-
ny egre or sharpe meate, and the nurce al-
so must atayde the same, and not to wray-

of chyldren.

it into hotte, and if nede be, to make a bath
of fumitory, centaury, fetherfelse, tansye,
wornewood, and sauge, alone, if ye see the
cause of the ych or the scab to be wormes
in the skyn for a bytter decoctyon shall de-
stroye them, and dry vp the moistures of
the sores.

Of dysease in the eares.

Many dyseases happen in the eares
as Payne, apostumes, swellynges,
unkinge and sounde in the head,
stoping of the organs of hearing: water
wormes, and other infortunes gotten into
the eares, wherof some of them are daun-
gerous and hard to be cured, some other
expelled of nature wþout medecyne.

Remedy for Payne in the eares.

For Payne in the eares wþout a many-
fest cause, as ofte chaūseth, it is a singuler
remedy to take the chesc wormes, that are
soud under barkes of trees, or in other stua-
pes in þ grounde, & wil turne round lyke a
peale, take of the a good quātitie, & seethe
þe in oile, in þ rind of a pomegranade or
þ hote imbers, þt bren not, and after that
strayne it & put into the eares a droppe or
two luke warme, and then lette hym lyze

The boke

Upon the other eare, and rest: ye may geue
thys to al ages, but in a chyld ye must put
a very litle quantite.

An other.

The hame or skin of an adder or a snake,
that the casteth, boyled in oile, and dropped
into the eares, easeth the payn, and it is also
good for an eare that mattereth migled
with a litle hony, and put in luke warme.
It is also good to droppe into the eares the
uyce of organy and mylke.

For swellyng vnder the eares.

Painters oile, which is oile of lynesede, is
exceedyng good for the swellyng of the ea-
res, & for paine in the eares of all causes.
Item a plaister made of lynesede and dyll,
with a litle duckes grece and hony. If ye se
the apostume breake, and renne, ye maye
clense it w̄ the iuice of smallache, þ whyte
of an egge, barleye flours and hony, which
is a common playster to mundyfye a soze.
Whan þ eares haue receiued water or an
other licour, it is good to take a stāpe an o
nio & wryng out þ iuice w̄ a litle gosegrese
and drop it hote into þ eares as it maye be
suffred & lay hym downe on the contrarie
syde an houre, after that cause hym to
nesse

of chyldren

nesse, if his age wyl suffer, with a litle pellitory of spain, or nesig pouder, & the encline his eare downward, y the mater may issue.

For wormes in the eares.

Take mirre, aloes, & the seede of coloquintida, called coloquintida of y apothecaries, a quantitie of eche, seeth the in oyle of roses, & put a litle in y eare. Mirre hathe a great vertue to remoue the stenche that is caused in the eares by any putrefaccion and the better with oyle of bitter almons, or ye may take the iuyce of wormewoode with hony and salt peter.

For wind in the eares & tinkelng.

Take mirre, spikenarde, cuminne, dil, and oile of camomil, & put a droppe in the eares. Thei y haue not al these, may take som of the, & apply it according to discrecio

To amend deafenes, ye shall make an oynement of an hares gall, and the greass or dopping of an ele, which is a souerayn thyng to recover hearyng.

Of nesyng out of measure.

When a childe nesech out of measure, what is to say with a long continuance & cherby the brayn & vertues animal he febled, it is good to stop it, to auoyde a further

The Booke.

farther inconuenience.

Wherfore ye shall anoynt the heade w
the iuyce purcelane, sorel, and nightshade,
or some of them, and make a plaister of þ
whyte of an egge, and the iuyce, with a ly-
tle oyle of roses, and emplaister the fore-
head and temples, with the mulke of a wo-
man, oyle of roses, and vineger a litle.

If it come of colde reume, ye shal make
a plaister of mastike, frankensence, mirre,
wine, and appiy it to the former part of þ
heade, A some of the same receiued in flax,
& laid vpon the childeſ head, is holesome.

Breedynge of teeth.

About the seventh moneth, somtyme
more somtyme lesse, after þ byz the, ie
is natural for a childe for to breed
teeth, in which time many one is sore vex-
ed w sondry diseases and paynes, as swel-
lyng of the gummes and lawes, vnquyete
crying: feuers, crampes, palsies, flures,
reumes, and other infirmities, speciallye,
whan it is long or the teeth come forthe,
for the sooner they appeare, the better, &
the more ease it is to þ chyd. Ther be di-
uers thynges that are good to procure an
easie breeding of teeth, amog whi þ chieffest
is

of chyldren

is to annoynt the gummes, with þ brayne
of an hare, mixt with asmuch capos greaso
& hony, or any of these thynges alone, is
excedyng good to supply the gummes and
the sinewes.

Also it is good to washe the chylde thereto
or thre times in a wiche, with warme wa-
ter, of the decoction of camomil holyhock
and dyll. Fresh butter with a little barley
floure or honye, with the syne powder of
frankensence and liquorice, are commen-
ded of good authours for thesame intente.
And when the payn is great, and intolle-
rable, with apostume or inflammation of
the gummes, it is good to make an oyne-
ment with oyle of roses with the iuyce of
mzerl, otherwyse called nightshade, and
in lacke of it, annoynte the iawes wythin,
with a little fresh butter and hony.

For lacke of the hares brayne, ye maye
take the conyes; for they bee also of the
kyndes of hares, and called of Plinte
Dasypodes, whose mawes are of the
same effect in medycyne, or rather more
than is written of authours, of the mawes
of hares.

If ye see the gummes of the chylde to
apostums

The Booke

apostume, or swel w̄ lost fleshe, ful of mater & painful, þ best haibē to annoynt the soze place w̄ the brain of an hare, & capons greace, equally mixt together, & afer that ye haue vsed this, once or twise, annoynt þ gummis & apostumacions with honye.

Thirdly if this help not, take turpētine mixt with a little hony in equal porciō. And make a bath for the head of the chylde, in this fourme folowyng.

Take the floures of camomill and dyll, of eche an handful, seeth them in a quarte of pure renning water, vntil they be teder & wash the head afore anye meate, euerye mornyng, for it purgeth the superfluity of the braines, through the seames of þ skul, and withdraweth humours from the soze place, finally conforteth the brayne & all the vertues animal of the childe.

To cause an easy brydying of teeth, manye thinges are rehersed of autoures, besides the premisses, as the firſte cast toth of a colc, ſet in ſiluer & born, or red coral in like manner, hanged about the neck, wherupon the childe ſhould oftentymes labour his gummis, & many other like, whyche I leave out at this time to auoid tediousnes
only

of chyldren.

onely content to declare of this coral, that
by conseinte of al authours, it resisteth the
force of lightning, helpeth the chyldren of
the fallyng euyl, and is very good to bee
made in pouder, & dronken against al ma-
ner of bleding of the nose or fundamente.

Of canker in the mouthe.

Anye times by reason of the cor-
ruption of the milke, venomous
vapours arysing from y stomake,
& of many other infortunes ther chanceth
to brede a canker in the mouthes of chyl-
dren, whose signes are manifest yncough,
that is to saye by stinkynge of the mouthe,
pain in the place, continuall remyngge of
spittle, swelling of the checke, & when the
mouth is opened agaynst the sunne, ye
maye see clerely wher the canker lyeth. It
is so named of the latter sorte of phisicions,
by reason of creeping and eatyng forward
& backward, and spreadeth it selfe abrode,
like the sete of a creues, called in latin ca-
cker, notwithstanding, I know y the Gree-
kes, & auncient latins, geue other names
vnto this disease, as in callyng it an ulcer,
or herwyles aphithe, nome, carcinomata,
& lyke, whiche are al in english knownen by

the

The Booke

The name of canker in the mouth, and al-
though there be many kynnes accordyng
to the matter, whereof they be engendred,
and therfore require a diversitie of curing
yet for the most part, whan they be in chil-
dren, the cure of them all differeth very ly-
tle or nothyng, for the chiese intent shalbee
to remoue the malignitie of the soore, and
to drye up the noysome matter & humours
than to minddy & heale, as in other kinds
of wrys.

Remedies for the canker

in the mouthe of
chyldeyn.

Take drye red roses, & violets, of eche
a like quantite, make the in pouder, &
mire them with a litle honye, this
medicine is very good in a tender sucking
chylde, & many times healeth alone wyth-
out any other thyng at al. But if ye se ther
be great heate and burning in the soore, w-
erceding pain, ye shal make a iure of pur-
cellane, lettuse & myghthode, & wash y^e soore
with a fine piece of silk, or drine it in with
a spout, called of y^e surgions a sprynge. This
by the grace of god, shal abate the brenning
awage the pain, & kil the venim of y^e ulcer.

W^e

of chyldren.

But yf ye see the canker yet increase with
great corruption and matter, ye shal make
an oynement after this maner.

Take mirre, gailes, wherwyth they
make ynke, or in default of them oken ap-
ples dried, frankesence, of ech a like much
of the black hueries growing on þ bramble
taken from the bush while they be greene
the. iii. part of al the rest, make them all in
pouder, & mire them with as much honye &
cassfron, as is sufficient, and vse it.

A stronger medicine for the can-
ker in the mouth of children.

Take the roore of celidomie dryed, the
rynde of a pomegranate, red coral in pou-
der, and the pouder of a hartes horne, of
ech a lyke, roche alumme a lit. e. First wash
the place with wine, or warme water, and
hony, and afterwarde put on the for sayd
pouder, very fyne and subtile.

An other singuler medicine for the
canker in the mouth of al ages.

Take yspope, sage, rue, of ech one good hand-
full, sceth them in wine and water to the
third part, then strain them out, and putte
in it a little whyte coperose, accordyng to
necessylye; that is to saye, when the
sore

The Booke

sore is great, put in the more, whan it is
smal, ye may take y lesse, than adde to it an
quantitie of hony clarifyed, & a sponeful oþ
two of good aqua vite, washe y place with
it, for it is a singuler remedy, to remoue y
malice in a short while, whiche done, ye shal
make a water incarnatiue & healing thus.

Rybworte, bitonye, & daisies, of eche a
handful, seeth the in wine & water, & wash
his mouth two or thre times a daye wþ
thesame unce. Moreouer some wryte that
chustal made in fine powder, hath a singu-
ler vertue to deſtroy the canker, & in lyke
maner the pouder of an hartes horne bræt
with asmuch of the rind of a pomgranate
and the iuyce of nightshade, is verye good
and holesome.

¶ Of quinsy and ſwelling of the throte.

Quinsy is a daungerous ſicknesſ
both in yonge & olde, called in latin
ſangina, it is in an inflammatiō of
the neck, with ſwelling & great payn, ſom-
tyme it lyeth in the very throte, vpon the
wesanſt pype, and than it is exceding pe-
rious, for it ſtoppeth the breath, & strang-
leth the pacient anone. Otherwhyleſ it
breakeſt out like a bonche on the one syde

of children.

the necke, and than also wyth very greate difficultie of bresathing, but it choketh not so sone as the fyrest doeth, and it is more obedyent to receive curacion.

The sygnes are apparauit to sight, and besydes that the child canot cry, nether swallow down hys meate and drinke wythout peyne.

Remedy.

It is good to annointe the griefe with oile of dil, or oyle of camomyll, and lylyes, and to lay vpon the head, hote cloutes dipt in þ waters of rosemery, lauender, and lauery. The chiefest remedy commended of aþhoures in thys outragyous sickenes, is þ pouder of a swallowe brent wyth fethers and al, and myrt wyth honye, whereof the pacyent must swallow down a lytle, and þ rest annoiected vpon the payn. Thei praise also the pouder of the chyldes dunge to the chylde, and of a man to a man, brent in a poc, and annoiected with a lytle hony. Soe make a compouned oyntment of boch, the receypte is thus. R. of the swallow brent one porcyon, of the second pouder another stike it in a chicke sourme wyth hony, and it wyl endure longe for the same entente.

L. i. Item.

The boke.

Item an other experiment for the quinsy
and swellyng vnder the eares. Take the
mushrom y grolysch vpon an elder tree,
called in englyshe. Jewes eare s (for it is in
dede cronded and flat, much like an eare)
heat it agaynst the fier and put it hote in
any drynke, the same drynke is good and
holosome for the quinsye. Some hold opini-
on, y whoso blysch to drynke w it, shall ne-
uer be troubled w thys dyscase, and there-
fore carry it about wth them in iourneies

Of the coughe.

SHe cough in childeren for the most
part, procedeth eyther of a cold, or
by reasō of reumes, descēding frō
y head into y pipes of the longes or
the b̄zest: and y is most comonly by ouer-
much aboundinge of mylke corrupting y
stomake & brayn: therfore in that case, it is
good to fedē y child w a more slender dyet
and to annoynt y head ouer w hony, & now
and then to presse hys tonge wych yonē
fynger, holdyng down his head y the reu-
mes may issue, for by y meanes y cause of
the cough shal rūne out of hys mouth, and
ausyde the chylde of many noughe and
slimy humoures: whyche done, manye t̄y-
mes

of children.

mes the paesente amendeth withoute any further helpe of medicine.

For the cough in a childe.

Take gumme arabike, gumme dragagant, quince sedes, liquorice and penidies, at y apothecaries, breaake them altogether, and geue the childe to sup a litle at once, with a draught of milke newe warme, as it commeth from the cowe. Also stampe blaunched almons, and wryng them out w the iuyce of fenell, or water of fenel, and geue it to the chylde to fede wyth a lytle suger.

Agaynst the great cough &

heate in the body.

The heades of whyte poppy, and gun dragagant, of ech a lyke much, long eucumer sedes, as much as all, seeth them in whay, wth reasons and suger, and lette the chylde drynke of it thise a day luke warme or colde.

Of straitiles of wynde.

Agaist y straitnes of breathig, which is no quinsy, y cōsente of auncoures do attribute a gret effect, to linesede made in pouder, & teyred w hony, for the childe to swallow down a litle at once. I fide also y y mylke of a mare newly received of

L.ii. the

The boke

the child wych suger, is a singuler reme-
dy for the same purpose. Whiche thynge
moreouer, is excedyng holom to make y
belly lare wþþout trouble.

Of weakenes of the stomake and vomicing.

Many tymes the stomake of y child
is so feble that it cannot retayne
ether meate or dynke, in whiche
case and for all debilitie therof, it is verye
good to wash the stomake with warme wa-
ter of roses, wherein a lyttle muske hath
been dissolved, for that by the odoure and
natural heate giveth a confort to all the
spiritual members. And then it is good to
rost a quynce tender, and with a litle pou-
der of cloues and suger to geue it to the
chylde: to eate conserua quinces, wþþ a li-
tle cinamome & cloues, is synguler good
for the same entent. Also ye may make a
juice of quinces and geue it to the child to
dynke wþþ a lytle suger.

An oyntment for the stomake.

Take gallia muscati at the pothecaries. xx
grain weight, mirre i very lytle, make ic
up in oyntment fourne, wþþ oyle of ma-
rike, and water of roses sufficient, this is
a very

of children.

a very good ointment for the stomake.

An other synguler receypte.

Take mastike, frankinsence, and drye red roses, as much as is sufficient, make them in powder, and temper them vp wryth the iuyce of mintes, and a sponeful of vineger and vse it.

An other.

Take wheate floure and parche it on a pan, til it begyn to brenne and ware redde than stape it wryth vineger, and adde to it the yolkes of two egges harde rosted, ma-
styke, gumme, and frankinsence sufficiēte make a plaister & laye it to the stomake.

To recover an appetite losse.

Take a good handful of ranke & lusty rew and seeth it in a pynt of vineger to the. iii. part or les, & make it very strong, whereof if it be a child, ye may take a tost of brown bread, and stamp it wryth the same vineger, and lay it playsterwyse to þe stomake, and for a stronger age besydes þe playster, let hym sup morning and euening of the same vineger. This is also good to recover a stomake lost, by comyng to a fyre after a long iourneye, and hath also a singuler vertue to restore a man that swoneþe.

L.iii. An

The boke.

An expermente often appro-
ued of Kasis for the bo-
myte of chyldren.

Kasis a soleinne practicioner amonge
phisicions, affirmeth y he healed a greate
multitude of thys dysease, onely wth the
practise folowyng, whch he taketh to be
of great effecte in al lyke cases. Fyrste he
maketh as it wer an electuary of apoche-
cary stusse, that is to saye, lignum aloes,
mastike, of every one halfe a dram, galles
half a scruple, make a lectuary wth sirupe of
roses, & gallia muscata & suger. Of this he
gaue y children to eate a very litle at once
and often. Afterwarde he made a playster
thus. R. mastike, aloes, floes, galles, fran-
kensence, & brent bread, of ech a lyke po-
cyon, make a plaister wth oile and sirupe
of roses to be laid to y childe s to make hote

An other oyntment for the sto-
make, descrybed of Wil-
hel. Placentino.

Take oyle of mastike or of wormwod
ii.ounces, ware.iii.ounces, cloues, macyes,
and cinamome, of ech three drammes,
make an oyntment addyng in the ende a
lytle byneger.

The

of childeſt.

The yolke of an egge hard roſted, maſſe, frankincence and gumme, made in a plaſter with oyle of quinces, is excedyng good for the ſame purpoſe.

Of yeaſing or hicket.

I haunceth oftentimes that a childe yeaſeth out of meaſure: wherefore it is expedient to make the ſtomake eygre aſore it be fed, and not to repleyngh it with too much at once, for this diſeaſe com- monly proceſſeth of fulnes, for if it come of empynnes, or of sharpe humores in the mouth of the ſtomake, whyche is ſeldome ſene: the cure is then very diſſiſt and dan- gerous.

Remedy.

When it cometh of fulnes that a childe yeaſeth inceſtantly without meaſure and that by a long cuſtome, it is good to make hym vomyt with a fetcher or by ſome other lyght meanes, that the matter which cauſeth the yeaſing, may iſſue & vncōber the ſtomake, þ done, bryng it a ſlepe, and vſe to annoynt þ ſtomake wþh oyles of caſtor, ſpyke camomyll, and dyll, or two or three of them ioyned together warme.

Of colyke and rumblynge
in the guttes.

L.iii. Peine

The boke.

Pyne in the belly is a common distease of children, it commeth eyther of wormes, or of takyng colde, or of euyl mylke, the sygnes therof are to well knowen, for the chyld cannot rest, but crieth and fretteth it selfe, and many tymes cannot make their vypne, bi reason of wud that oppresseth the necke of the bladder, & is knownen also by the member in a manne chylde, which in thys case is alway stynke, and pricking, moreouer the noysse and rumbeling in the guttes, hyther and thither, declareth the childe to be greued, wþh wind in the belly, and colyke.

Cure.

The nurce must anoide al maner of meates þ engender wynde, as beanes peason, butter, hard egges, & such. Thā washe the chyldes belly w hote water, wherein hath been sodden cummine, dill & fenel, after þ make a playster of oyle and waxe, & clappe it hote vpon a cloth vnto the belly.

An other good playster for
the same entente.

Take good stale ale and freshe batter,
seethe them wþh an handefull of cum-
myne poudred, and after putte it all to-
gether

of chyldren.

gether into a swines bladder, & bynde the mouth fast, that the licoure yssue not oute, then wynde it in a clothe, and turne it vp and down vpon the belly as hote as y patient may suffer, this is good for the colike after a sodayne colde, in all ages, but in chyldren ye must beware ye applye it not so hote.

¶ Of flur of the belly.

Many tymes it happeneth, eyther by takynge colde, or by reason of great payn in breeeding of teeth, or els through salte and eyger fleume or choler engendred in the body, that the chylde falleth in a sodayne lax, whiche ys it longe continue and be not holpen, it may bring the pacient to extreme leanesse and consupcion: wherefore it shalbe good to seke som holesome remedy, and to stoppe the running of the flur thus.

Remedy for the flur in a chylde.

First make a bath of herbes that do rayn, as of plaintain, saint Johns wede, called Ipericon, knotgrasse, bursa pastoris & other such or som of thē, & vse to bath him in it, as hote as he may wel suffer, thē wrap hym in with clothes, and lay hym dwolne to slepe.

And

The Booke

And if ye se by this twise or chysse vsing
that the belly be not stopped: ye may take
an egges yolk hard rosted and grynde it
with a little saffron, myrrhe and wyne, make
a plaister, & apply to y nanil hote. If thys
succeede not, then it shalbe necessary for to
make a pouder to geue him in his meate,
with a little suger, & in a smal quantity thus
Take the pouder of hartes horne brēt the
pouder of goates clawes, or of swynes
clawes brēt, the pouder of the sedes of ro-
ses which remain in the bery when y rose
is fallen, of every one a portion, make the
very fine, and with good red wyne or al-
mon milke, and wheate floure, make it as
it were a paste, and drye it in lytle balles
al ye see necessary, it is a singuler remedy
in all such cases.

Item the milke wherein hath ben sod-
den white paper, and afterward quenched
many hete yrons or gaddes of steele, is ex-
ceeding good for the same intent to dynke.

And here is to be noted, that a naturall
flare is never to bee feared afore the se-
uenth daye, and except there issue bloude,
it ought not to be stopped afore the sayde
time.

Pouder

of chyldren.

Pounder of the herbe called knotgrasse, or the iuice therof in a posset dronken, or a plaister of the same herbe, and of bursa parvorum, bole armonie, and the iuice of plantain with a litle vineger, and wheat floure is excedyng good for the same cause.

Also the ryndle mawe of a younge sucking kyndde geuen to the childe, the weight of x. graynes, with the yolk of an egge soft rosted, and let the pacient abstayne from milke by the space of two houres before. & after, in stede whereof ye maye geue a rosted quince or a wardon with a litle suger and sinamome to eate.

Item another goodly receyce
for the same intent.

Take sorell seede, and the kernelles of great rayns dryed, acorne cuppes, & the stede of white popye, of eche two drammes saffron a good quantite, make the in powder and temper the with the iuice of quinnes, or sirupe of red roses, this is a souerain thing in al flures of the wombe.

Manye other thynges are written of autho^rs in the saide disease, whiche I here leaue out for brevity: & also because þ afore rehersed medicines are sufficiete inoughe
in a

The Booke

In a case curable, yet wil I not omitt a goodly practise in the said cure.

The pessil of an hart oz a stagge dryed in powder & dronken, is of great i wonderful effect in stoppiug a flur. Which thing also is approued in the liner of a beast called in english an otter. The stones of him dro-
ke in powder, a little at once. xxx, daies toge-
ther, hath healed men for euer of the fal-
lyng evill.

Of stoppyng of the belly.

Euen as a flur is daungerous, so is stoppyng and hardnes of the bellye grievous & noisom to the chylde, & is often cause of the cholike & other diseases.

Wherfore in this case ye must alwaye put a little hony in the chyldes meate: and let the nurse geue him hony to sucke vpon her synger, and if this wyl not helpe, then the nexte is to mire a little fine and cleare surpentine with hony, and so to resolute it in a saucer, and let the child sup of it a little. This medicine is described of *Paulus Aegineta*, and recyted of dyuerse other as a thynge verye holesome and agreeyng to the nature of the chylde: for it doeth not onely losen the bellye wythoute gryef

of chyldren.

or daunger, but doth also pourge the lynes
and the longes, with the spleene and kidde-
neys, generally comfortynge al the spiritu-
al me mbers of the body.

The gal of an ore or a cowe layde vpon
a cloue on the nauyll, causeth a chylde to
be loose bellied, likewyse an emplaster of
a rosted onion, the gall of an ore, and but-
ter layde vpon the belly as hote as he may
suffer. If these wyl not helpe, ye shal take
a lyttle cotten, and dipped in the sayd gall,
put it in the sayd fundament.

Of wormes.

There bee diuers kindes of wormes
in the belly, as long, short, round, flat
and some small as lyce, they bee all
engendred of a crude, grosse, or phlegma-
tike matter, and never of choler nor of
melancholy, for all bitter thynges kylleth
them, and all sweete meates that en-
gender fleume, nourysheth and feedeth
thesame. The sygnes dysfer accordyng to
the wormes. For in the longe and round,
the pacient commonly hath a drye coughe
payne in the belly about the guttes, some
time yearyng and trembling in the nyght
and start sodainly and fal a slepe agayne,

other

The Booke

Other whiles thei gnashe and grinde their
teeth together, the eyes ware holowe with
an eiger looke, and haue greate delyce in
slombring & silence, very loth when they
are awaked. The pulse is incertayn, & ne-
ver at one stay, somtime a feuer with gret
colde in the ioyntes, which endureth three
or fourre houres in the night or day, many
haue but smal desire to meate, and when
thei desire they eate very gredelye, which
if thei lacke at their appetite, they for sake
it a great while after, the hole body consu-
meth and wareth leane, the face pale or
blew: somtime a flur, somtimes vomyte, &
in some the belly is swollen as stysse as a
caberet. The longe and brode woznes are
knowen by these sygnes, that is to saye,
yelownes or whitishnes of the eyes, in-
collerable hunger, great gnawyng & gry-
pyng in the belly, speciallye afore meate,
water comming out at the mouth, or at y
fundament, continuall yche and rubbing
of the nosethrilles, sonken eyes & a stynk-
yng breath, also when the person doth hys
easement there appereith in the donge lyt-
tle flat substances, miche lyke the seedes
of cucumers or gourdes.

The

of chyldren.

The other lesse sorte are engendred in the great gutte, and may well be knowen by the exceeding ych in the fundamēt with in, and are oftentymes seene commynge out with the excrementes. They bee called of phisicions ascarides.

Remedy for wormes in children.

The herbe that is found growing vpon oysters by the seas syde, is a singuler remedy to destroy wormes, & is called therefore of the Grekes Scolitabotani, that is to say, the herbe that kylleth wormes: it must be made in powder, and geuen with swete milke to the chylde to drynke. The phisicions call the same herbe corallino.

A singuler receipt for
to kyll wormes.

Take the gall of a bull or ore, newelye killed, & stampe in it a handfull of cūmyn, make a plaister of it, and lay it ouer all the belly, remouing the same every vi. houres.

Item the gall of a bull with seedes of colocynthis, called coloquintida of the apothecaries, and an handful of bayberus wel made together in a plaister, wyth a sponefull of strong vincer, is of great effect in the same case.

The Booke

If the childe bee of age or stonge complexion, ye may make a fewe pylles of aloes, and the pouder of wormeleede, then wynde the in a piece of a singeing lofe, and anoynte them ouer with a lyle butter and let them be swalowed downe hole without chewyng.

Of swellying of the nauyl.

In a chylde lately borne, and tender, sometyme by cutting of the nauyl to nere, or at an inconueniente season sometyme by swadlyng or byndyng amisse or of muche crying, or coughyng, it happeneth otherwhyles, that the nauyll aryseth and swelleth with great Payne apostacion, the remedy wherof is not muche different from the cure of vlers, sauing in this that ye ought to apply thinges of leesse attraction; then in other kynde of vlers, as for an example ye may make an oyntment vnder this fourme.

Take spyke or lauender, half an ounce, make it in pouder, and with thre ounces of syne and cleare turpentyne, temper it in an oyntment, addyng a porciō of oyle of swete almons. But if it come of crying, take a little beane floure, & the ashes of fine linnen

of chylđren.

lynnet cloutes brent, and temper it with
red wine and hony, and lay it to the soze.

A plaſter for ſwellyng in
the nauyll.

Take cowes donge, and drye it in pou-
der, barchly floure, and beane floure, of ech a
porcyon, the iuyce of knotgrasse a good
quanticie, cumine a lytle, make a plaſter
of al and ſet it to the nauyll.

An other.

Take cowes donge and ſeeth it in the
mylke of chesame cowe, and laye it on the
grieſe. This is alſo maruylous effectuall
to helpe a ſodayne ache or ſwellyng in the
legges.

Of the ſtone in chylđren.

The tender age of chylđren as I ſaid
afore, is vexed and afflieted wth ma-
ny greuous and peryllous dyſeases
among whom there is few or none ſo vio-
lent or m^{ore} to be feared in them, thē that
whiche is moſt feared in al kindes of ages
that is to ſay, the ſtone, an houge and a pi-
tiful dyſease, euer the more entreaslyng in
daves, the more rebellynge to the cure of
phisiſe.

Therefore is it excedyng daungerous
B. i. whan

The boke.

Whan it falleth in chyldren, forasmuche as nether the bodyes of them may be well purged of the matter antecedent, called humor peccans, nor yet can abyde any bヨ lent medicine having power to breaue it, by reason wherof the iayd disease acquy reteth such a strength aboue nature, that in procelle of tyme it is utterly incurable.

Pet in the beginning it is oftentimes healed thus.

First let the nurce be wel dyeted, or the chylde, if it be of age, abstayning from all grosse meates, and hard of digestyon, as is beafe, bacon, salt meates and cheese, that make a powder of the rote of peony dyed, and myngle it wþt as much hony as shal be sufficiente, or if the chylde abhorre hony make it wþt suger, molten a lytle vpon the coales, and geue therof vnto the chylde more or lesse, accordyng to the strengthe, twys a daye, vntill ye see the bヨne passe easely, ye maye also geue it in a rere egge, for wþtout doubt it is a synguler remedy in chyldren.

An oyngment for the same.

Oyle of scorpions, if it may bee gotten, is exceeding good to annoynte wþtall the members,

of children.

members, and the nether part of the belly
right against the bladder, ye may haue it
at the apothecaries.

A singuler bath for the
same entent.

Take mallowes, holyclocke, lily roses,
linsede, & parietary of the wall, seeth them
al in the broth of a shepes head, and therin
use to bath the child oftenclymes, for it shal
open the straynes of the cōdytes, that the
stone may issue, swage the Payne, & bryng
out the gruel with the bryne, but in more
effect whan a playster is made, as shall be
sayed hereafter, and layed vpon the raynes
and v belly, immediatly after v bathyng.

A playster for the stone.

Take parietary of v wal, one portion &
stāpe it, doues donge another portion, and
grynde it, thā fry the boch in a paine, w a
good quantytie of freshe butter, & as hote
as may be sufferēd, lay it to the bellye and
the backe, and from. iii. houres to. iii. let
it be renewed.
Thys is a souerain medicinē in al maner
ages. Itē an other pouderwhiche is made
thus.

Take the kernels or stones that are
v. ii. found

The boke.

Solide in the fruite, called openers or mes-
piles, or of some medlars.

Make them in fyne powder, whiche is
wonderful good for to breaue the stone w-
out daunger, boch in yonge and olde.

The chest wormes dryed and made in
fyne powder, take wryt the broth of a chic-
ken, or a lycle suger, helpeth them that can
not make their bryne.

Of püssyng in the bedde.

Many tymes for debilitie of vertue
retentive of the reynes or bladder
as wel olde men as chyldren, are
oftentymes annoyed, whan theyz bryne
issueth out ether in their slepe or wakig a-
gainst their wils, having no power to re-
teyne it whan it commeth, therfore if they
wil be holpen, first they must auoide al fat
meates til the vertue retentive be restored
agayne, and to use thys powder in their
meates & drynkes. Take the wesande of a
cocke, & plucke it, than bren it in powder, &
use of it twyls or thryse a day. The stones
of an hedgehogge poudred is of the same
vertue.

Itē the clames of a goate, made in pou-
der dronken, or eaten in porrage.

If

of chylđren.

If the paciente bee of age, it is good to make fyne plates of leade, w̄ holes in the and let them lie often to the naked backe.

Of brustyng.

LHe causes of it in a chylde are many, for it may cōe of very light occasyons, as of great cryinge, and stoppyng the breach, byndyng to strayghe or by a fall, or of to greate rockynge, and such like, mai cause the filme that spredeth ouer the belly, to breake or to slake, and so the guttes fal down into the codde, which if it be not vitterly vncurable, may be healed after thys sorte.

First lay the pacient so vpō hys backe that hys heade may be lower than hys heles, than take and reduce the bowels with your hande into the due place, afterwarde ye shal make a playster to be layed vpon the coddes, and hounde with a lace rounde about the backe, after thys fournie.

Take rosin, frankynsence, mastyke, cūmyne, lynesede, and anyse seede, of every one a lyke, pouder of osmunde rootes, that is to saye, of the brode ferne, the fourthe parte of all, make a playster wþt suffycy- en oyle olyue, and fresh swynes greace, &

A. iii. spreade

The boks

Spredē it on a lether, and let it continue; ex-
cept a great necessarie two or thre wekes,
after that apply an other lyke, cyll're see
amendment. In thys case it is very good
to make a pouder of the heares of an hare
and to temper it w̄ suger or conseruaries
and geue it to the chylde twysle euery day.
If it be about the age of. vii. yere ye maye
make a singuler receite in dynke to bee
taken every day twysle, thus.

A dynke for one that is
brussten.

Take matfelon, daisies, conserve, and
osmundes, of euery one a lyke, seeth them
in the water of a smythes forge, to the. iii.
part, in a vespell couered, on a lost fyre, thā
strayne it and geue to dynke of it a good
draught at once morning & eueninge, ad-
dying euermore in hys meates & dynkies,
the pouder of the heare of an hare, beeynge
dryed.

Of fallyng of the fun-

damente.

Many tymes it happeneth þ the gut
called of the latines rectū intesti-
nū, falleth out at the foundamente
and cannot be gotten in again wout pain
and

of chyldren.

and laboure, whyche disease is a common thing in chyldren commyng oftentimes of a sodayne colde or a lōg lare, and may well be cured by these subscribed medicines.

If the gutte hath bene long out, and be so swollen that it cannot be reposed, or by coldnes of the aire be congeled, y best conseil is to let the chylde syt on a hote bathe, made of the decoction of mallowes, holyhocke, lynesede, and the rootes of lyyses, wherin ye shal bath the founement with a soft cloue, or a sponge, and whan the place is suppled thrull it in agayn, whych done, than make a pouder thus.

A pouder for fallyng of the founement.

Take the pouder of an hartes horne brent, the cuppes of acornes dryed, rose leaues dryed, goates clawes brent, y rind of a pōegranate, & of galles, of euerye one a poreyon. Make thē in pouder, and strow it on y founement. It shall be y better yf ye put a little on y gne, afore it be reposed in y place, & after it be settled, to put more of it vpō the fūdemēt, thā bind it in w hote linnen clothes, & geue y chylde quicke or a rosted warden, to eate wyth cinamome & suger.

A.iii. Another

The boke

Another good pouder for
the same.

Take galles, mirre, frankincense, ma-
rike, and aloes, of every one a little make
the in a pouder and strow it on the place.

A little tarre with gosegreace, is also ve-
ry good in thys case.

An other good remedy.

Take the wolle from betwene the legs
or of the necke of a shepe, whiche is full of
sweate and farty, than make a iuyce of un-
set lekes, and dip the wolle in it, and lay it
to the place as whote as may be suffered, &
whan it wareth colde remoue it and apply
an other hote, thys is a very good remedy
for fallyng of the fundament.

If the chylde prouoke many tymes to
sege, and can expell nothyng, that disease
is called of the Grekes tenesmos, for the
which it shalbe very good to apply a play-
ster made of gardyn cressis and of cumin
in lyke quantite, fry them in butter, and
lay it on the belly as hote as he may suffer.

It is also commended, to fume the ne-
ther partes with turpentyn and pytch, and
to sit long vpon a bourde of ceder or iuni-
per, as may be possyble.

Chafyng

of chyldren

Chafyng of the skinne.

In the shankes, armeholes, & vnder y
eares, it chaunceth ofte tymes that
the skin fretteth, eyther by y childe
own brine, or for the defaute of washynge
or els by wazzappynge and kepyng to hote.

Therefore in the beginnyng, ye shal au-
noyne the places with fresh capōs grease,
then if it wil not heale, make an oyntment,
and lay it on the place

An oyntement for chafyng and gallyng.

Take y roote of the floure deluice dried
of red roses dryed, galingale and mastike,
of ech a like quantitie, beate thē into most
subtile pouder: than with oyle of roses, or
of lynesede, make a soft oyntment.

Item y longes of a wether dryed, and
made in very fine pouder, healeth all cha-
fynges of y skinne: and in like maner the
fragmentes of shomakers lether bret, and
cast vpon the place, in as fyne pouder as
is possible, hath the same effect, which thig
is also good for the galling or chaffing of y
fete, of whatsoeuer cause it commeth.

Item beane floure, barley floure, and y
floure of siccches tempered with a litle oyle

The Booke

of roses, maketh a souerain oyntment for
thesame intent.

If the chafynges be great, it is good to
make a bathe of holihocke, dill, violettes, &
limesede, with a little bran, than to washe þ
same places oftentimes, and lay vpon the
sore, some of thesame thinges. The deco-
ction of plantain, bursa pastoris, horsetayle,
and knotgrasse, is excedyng good to heals
all chafynges of the skin.

Of small pockes and measles.

This disease is comon and familiar
called of the grekes bi the general
name of exanthemata; & of Plini-
us papule et pustule eruptiones, notwithstanding
standyng the consent of writers, hath ob-
tained a distinction of it in. ii. kindes: y is to
say, varioli þ measles, & morbilli called of vs
the small pockes. Thei be both of one na-
ture, & procede of one cause, sauing that þ
measles are engendred of the inflammacion
of bloude, and the small pockes of the infla-
macion of bloud myngled with choler.

The sygnes of them bothe are so ma-
ifest to sight, y thei nede no farther decla-
ration, for at the syre, some haue an pitch
and a fretting of the skynne as yf it hadde
hene

of chyldren

benne rubbed with nettels, pain in þ heade
& in the back, the face red in coloure & fleck-
ked, feare in þ slepe, great thirst, rednes of
þ eyes, beatynge in the tēples shotynge and
pryckyng through al the body, then anone
after when they break out, they be seen of
dyuers fashions & fourmes, sometimes as
it wer a drye scab or a lepy spredyng ouer
al the mēbers, otherwhiles in pushes pim-
pels & whayles, remyng with muche cor-
ruption & matter, & with great payn of the
face & throte, drines of the tong, horcenes
of voice, and in some quiveryng of þ heart
with swoonyng. The causes of these euyl
affeccions, are rehearsed of authours, to
be chichly fourre. First of the superfluityes
which might be corrupt in þ wombe of the
mother, þ chyld there beynge, & receyuing þ
same into þ pores, the which at that tyme
for debilitie of nature, coulde not be expel-
led, but the childe encreasing afterward in
strength, be driuē out of þ beines into the
upper skin. Secōdarily it may cōe of a cor-
rupt generaciō, þ is to say, whā it was en-
gēdred in an euill seasō, the mother beynge
sick of her natural infirmitie, for suchē as
are begotten þ tyme very selbōm escape þ
dysease of lepy.

The

The Booke

The third cause may be an euil dyete of
þourse, or of the childe it self, whan they
fede vpon meats þ encrease rottē humors,
as milk & fish both at one meale, lykewyse
excesse of eating and drinking, and surfeit.

Fourthly this disease commeth by the
way of contagion, whan a sick person in-
fecteth an other, and in that case it hath
great affinitie with the pestilence.

Remedy.

The best & most sure helpe in thys case,
is not to medle with any kind of medicins
but to let nature work her operacion, not-
withstanding þ they be to slow in coming
out, it shalbe good for you to gene þ chylde
to dring sodde milk & saffron, and so keepe
hym close and warme, wherby thei may þ
soner issue forth, but in no case to admini-
ster any thing þ might either reppresse the
swelling of þ skin or to coole the heate þ is
within the members. For if this disease
which shoulde be expelled bi a natural acciō
of the body, to the long health afterward
of the paciēt, were by force of medicine cou-
ched in again, it were euēn ymough to de-
stroy þ child. Therfore abide þ ful breking
out of þ layde wheales, & the (if thei be not
rype)

of chyldren.

rype) ease y childe's pain by making a bath
of holycroft, dypl, camomyl, & fenell, yf they
be ripe & matter, then take fenell, worme-
wood and sage, & seeth the in water, to the
thyrd part, wherin ye may bath hym with
a fine cloth or a sponge. Alwayes provided
y he take no colde during the i yme of hys
sicknes. The wine wherin figs haue bene
sod, is singuler good in the same case, and
may be wel vsed in all times and causes.

If the wheales be outragious & greate,
with much corrosion and venym som make
a decoction of roses and plantayne, in the
water of oke, and dissolute in it a litle eng-
lysh hony and camphore. The decoction of
water betony, is approued good in y sayde
dyseases. Lyke wyse y ointment of herbes
whereof I made mencion in the cure of
scabs, is excedyng holesom after the sores
are rype. Moreouer it is good to droppe in
the pacientes eyes, fise or sise times a day
a litle rose or fenell water, to comforthe the
syght, lefft it be hurt by continual rennyng
of matter. This water must be mystred
in the sommer colde and in the winter ye
sought to apply it luke warme.

The same rosewater is also good to
gargle

The Wooke

gargle in his meuth, if the chylde bee then
payned in the throte.

And lest the conduites of the nose shuld
be stopped, it shalbe expedient to lette hym
smel often to a sponge wete in the iuice of
sauery, strong byneger, & a little rose water

To take away the spots and scarres
of the smal pockes and measils.

The bloud of a bull or of an hare is much
commended of authours to bee anoynted hote
vpon þ scarres, & also þ licour þ yssuet out
of shipes clawes or goates clawes, het in þ
fire. Item the dripping of a sygnet or swan
layde vpon the places oftentimes hote.

Feuers.

If the feuer vse to take the chylde
with a great shakynge, & afterward
hote, whether it be cordian or ter-
rian, it shalbee singuler good to geue it in
drinke, the blacke seedes of peony made in
fine pouder, searced and mingled with a li-
tle suger. Also take plaintain, fetherfew, &
verueyn, and bath the childe in it once or
twise a daye, binding to the pulces of the
handes and fete a plaister of the same her-
bes staped, and prouoke the child to sweate
afore the fit commeth,

Song

of chyldren.

Some gene counsell in a hote feuer, to apply a colde plaister to the b̄cast, made in this wise. Take the iuyce of wormewood, plantayn, mallowes and houlike, & temper in them as muche barley floure as shall be sufficiēt, and vse it. & thus & more better in a weake pacient.

Take drie roses and pouder them then temper the pouder with the iuice of endive or purcelane, rose water, and barley floure and make a plaister to the stomake.

Itē an ointmēt for his temples, armes and legges, made of oyle of roses, and populeon, of eche like muche.

A good medicine for the
ague in children.

Take plantain with the roote, & washe it, then seeth it in a faire runnyng water to the thrid part, wherof ye shall geue it a draught (if it be of age to drynk) with suffi-
cient suger, & lay the sodden herbes as hote as may be suffred, to the pulses of ȳ hands and fete. This must be done a litle afore ȳ fit, and afterward couer it with clothes,

The oile of nettles, wherof I speake in ȳ title of stisnes of limmies, is exceeding good to annoynt the mēbers in a colde shakynge
ague. Df

The Booke

Of swelling of the coddes.

To remoue the swelling of the coddes
proceding of ventosite, or of anpe o-
ther cause(except brustynge) whether
it be of inflamacion or without, here shal
be rehersed many good remedies, of which
ye may vse, accordyng to þ quality & quan-
tite of the grief: alway prouided, þ in thys
disease, ye may in no case apply ani reper-
cussions, þ is to saye, set no colde herbes to
dryue þ matter back, for it would than re-
turne again into the bodye, & the conge-
ction of such a sinowye membre, would per-
aduenture mortify the hole. And aboue al,
ye may set no plaister to the stones, wher-
in humlock entreth, for it wyl deprive thē
for euer of their growynge, & not onely thē
but the brestes of wenches, whan they bee
anoyncted therwith, by a certayn qualiteye,
or rather an euyll propertye beyng in it.

A goodly playster for swel-
lyng of the stones.

Take a quart of good ale wort and sette
it on the fire to seeth, with þ crummes of
browne bread strongly leuened, & a hande-
full of cummin or more in pouder, make a
plaister with all this and suffycient beane
floures

of children.

on the syer by them selfe, wythoutte lycone
tyre them and bray them wyth a strong
hande, tyl there aryse as it wer a froth or
spume of oyle to the mouth of the vessel,
then presse the volkes and reserue the ly-
cure, thys is called oyle of egges: a verye
precious thyng in the foresayed cure.

Moreover there is an oyntmente made
of shepes donge fryed in oyle or in swines
greace, than put to it a lytle ware, and vse
it. Also take quicke lyme and washe it in
verince. ix. or x. cymes, than mingle it with
oyle, and kepe it for the same entent. Item
the iuryce of the leaues of lylpes. v. partes,
and vneger one part, hony a litle, makech
an excellent medicin, not only for this en-
tent, but for all other kynde of hote and
runnyng vlcers. Note that whascouer ye
use in this case, it must be lated vnto blood
warme. Also soz auordyng of a scarre kepe
the sore alwaye myste wyth medycyne.

Of kybes.

The kybes of the heeles, are called in
latyne perniones, they procede of
colde, and are healed wth the subcry-
bed remedyes. A rape roote rostet wyth a
litle fresh butter, is good for the same grie^{fe}

¶.iii. Item

The boke.

Item a dozen sygges, sodden and am-
ped w̄ a little yolegrese, is good. Earthe
wormes sodden in oyle, hath the same e-
fecte.

Item the skin of a mouse clapped al hote
Upon the kybe: wþt̄ the heare outwarde, &
it shold not bee remoued durynge thre
dayes.

A plaister for a kybed hele. Take new butter, oile of roses, hennes
greace, of ech an ouce, put þ butter and þ
greace in a bigge rape rote, or in lacke of ic
in a great apple, or onio, þ whā it is rosted
soft, bray it with the oile, and lai it plaister
wþse wþd̄n the kybe.

An other. Take þ meate of apples & rapes rosted
on þ coles, of ech. iii. ouces, fresh butter. ii.
ouces, duckes greace or swānes greace, an
ouce, stamp the al in a morter of lead if it
may be had, or els grinde them on a fayre
marble and vse ic.

Of consumpcion or leanes.
Wan a childe consumeth or waketh
leane w̄out any cause apparāt, ther
is a bath cōmended of anhoures, to
wash þ child many tymes, & is made thus.

Take

of children.

Take þe head & fete of a wether, seih þe til
þ bones fat a luder, vse to bath þe childe in
this licour, & after annoint hym wþ thys
oyntment folowyng. Take butter woute
salt, oyle of roses and of vyolets, of ech an
ounce, the fat of raw porke, halfe an ounce,
ware a quatern of an ounce make an oint-
ment; wherwþ the child must be rubbed eue-
ry day twise, thys wþ good sedyng shal en-
crease his strength by the grace of God.

Of gogle eyes.

Thys impediment is never healed but
in a very yong child, euen at the beginning
wherunto there is appoynted no manner
kynd of medicin, but oþly an order of ke-
pyng, that is to saye, to lay the chylde so in
hys cradelle, that he may behold directe a-
gapnuk þ lyght, & not to turne hys eyes on
ether of both sides. If yet he begi to gogle,
than see þ cradell after such a fourme, that
the light may be on þ contrary syde: þ is,
on þ same syde frō whence he turneth hys
eyes, so þ for desyer of lyght he may direct
þe to the same part, & so by custome bring
þe to þ due fasshō, & in þ night, ther oughe
to bee a candell set in likewise to cause him
to beholde vpon it, and remoue hys

Liii. eyes

The boke.

eyes from the euil custom. Also grene clothes, yellow, or purple, ar very good in this case to be set, as is said afore. Furthermore a coysse or a byggen standynge out besides hys eyes, to constraine the lyghte to bee-
volde dyprete forwarde.

Of lyce.

Smetyme not onely chyldren but also other ages, ar annoied wth lyce they procede of a corrupt humoure and are engendred wth in the skinne, crepig out a lyue throughe the pores, which if they begin to swarne in exeadyng number, þ^e dysease is called of the grekes Phthiriasis wherof Herode dyed, as is wrytten in the actes of Apostles: and amonge the Romaynes Scilla, whiche was a great urat and many other hane been eaten of lyce to death, whych thyng, whan it hapneth of þ^e plage of god, it is past remedy, but if it procedeth of a natural cause, ye may wel cure it by the meanes folowyng. Fyrst lette the pacient abstayne from all kynde of corrupte meates, or þ^e brede cleynne, & among other, sygges & dates, must in thys case be vitterly abhorred. Thā make a lauatorie to wash & scour the body twise a daye, thus.

Take

of chyldren.

Take water of the sea, or els brine, & strog
lye of ashes, of ech a like porcion, worme-
wood a handful, seeth them a whyle, and
after washe the body with the same licour.

A goodly medicine for to kil lyce.

Take the groundes or dregges of oyle,
aloes, wormewood, and the gal of a bul, or
of an ore, make an oyntment which is sin-
guler good for the same purpose.

An other.

Take mustarde, and dissolve it in by-
neger, with a lytle salt peter, and annoyn
the places, where as the lice are wonte to
brede.

Item an herbe at the apothecaries cal-
led Stauesacre, brimstone, and vineger, is
excedyng good.

It is good to gene the pacient often in
his drinke, pouder of an harts horne bren.

Stauesacre with oyle is a maruellouse
holesome thing in this case.

An expert medicine to
dryue awaye lice.

Take the groundes or dregges of oyle,
or in lacke of it, freshe swines grease, a
sufficient quantitie, wherin ye shal chase
an ounce of quicksilver till it be al sonken
in

The Table.

Into the grease, than take powder of Sauge,
Sacre seled, and mingle altogether, make
a girdle of a wollen list mete for the midle
of the pacient, and all to annoynce it ouer
with the sayd medicine, than let him weare
it continually next his skin, for it is a sin-
guler remedy to chase away the vermyll.

The onely odour of quicke siluer killeth lice
These shalbe sufficient to declare at this
tyme in this litle treatise of y cure of chil-
dren; which if I may know to bee thanke-
fully receiued, I wil by gods grace sup-
ply more hereafter neyther desyre to
any longer to lyue, then I wyll
employ my studie to the ho-
noure of G D D, and pro-
fice of the weale,

and in the publicke

Thus endeth the Woke of chil-
dren, composed by Thomas aucto-
Phayer, studious in phi-
losophie and Phi-
syckhantie.

The contentes of the Regiment of life.

Of diseases and remedies of y head.
Pain commynge of choler.
Pain caused of feume.
Payn caused of melancholye.
Regiment for al headache.
Remedy for headache of all causes.
Of diseases in the face.
To pallify a face incurable.
For rednes of the face.
For cankers, blcers, & Poli me langeres.
For wormes in the face.
A purgacion for the same.
Dyete for the same sicknes.
For the eyes, and to quicken the syghe.
For payn in the eyes.
For bloudshotten eyes.
For swelling of the eyes.
For sore eyes.
For great Payne in the eyes.
For rednes in the eyes.
For hardnes in the eyes.
For al rednes of eyes.
To drye the eyes.

for

The Table.

For webbes in the eyes.
Regement for diseases in the eyes.
For infirmities in the eares.
For stinking of the nose.
For nosebleading.
Remedy for toothache,
To make teeth whyte.
Remedies for diseases in the breste.
For a hoarse voice.
For the cough.
For shortnes of wynde.
For asthma.
An oyntment for the breath.
Regiment for the same.
Remedyes for phisicke.
For the pleuresy.
For dyseases in the rybbes.
Weakenesse of the heart, and the cure.
Swoynynge.
For dyseases of the stomake.
For weakenes therof.
For abborryng of meate.
For belchynge.
For wyndynes therof.
For the hicket.
Regiment for the hycket,
For vomiting.



